

Preparing a Boundary Conversation

Choose a conversation you feel safe preparing. Your limit describes what you can do; a request invites another person to respond. You can decide whether and when to proceed.

1. Separate the situation, limit and request

Situation

My limit

My request

2. Draft the words you might use

3. Prepare for different responses

Possible response

What is mine to decide

Support I might need

4. Choose a practical next step

Whether / when to communicate

Method that feels workable

Alternative if needed

Review date