



FREE PRACTICAL TOOL

Boundary Scripts Without Guilt

Words you can borrow when saying yes would cost more than you can give.

Start here

- 1 "I care about this, but I cannot take that on right now."
- 2 "I need time to think before I answer."
- 3 "That does not work for me. Here is what I can do."
- 4 "I am not available for that conversation when voices are raised."

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