

DAY 17



COMPREHENSIVE BOUNDARY SCRIPT WORKBOOK

PRACTICE GUIDE

**“CLEAR, COMPASSIONATE
COMMUNICATION HONORS BOTH MY
TRUTH AND MY RELATIONSHIPS.”**

Fiona Soutter

PART 1

SCRIPT CRAFTING PRACTICE

Welcome to Day 17. Today's focus is all about giving voice to your boundaries with clarity, calm, and self-respect. Whether you're setting a new boundary, reinforcing an existing one, or addressing a violation, this workbook will help you prepare.

Step 1: Choose Your Boundary Focus

From yesterday's boundary audit, choose one area to practice communicating clearly.

Area of focus: _____

Boundary statement (what you need): _____

Step 2: Four-Part Boundary Script Structure

Use the framework below to draft your script.

- Observation (State the facts):

"I've noticed..."

→ _____

- Feeling (How it affects you):

"When this happens, I feel..."

→ _____

- Need (What you require):

"I need..."

→ _____

- Request (A specific action you'd like):

"Would you be willing to..."

→ _____

PART 2

PRACTICE TEMPLATES FOR COMMON SITUATIONS

Use these to rehearse or adapt boundary language in specific areas.

Context	Example Script
Work / Professional	“I’ve noticed emails are coming in late at night. When this happens, I feel overwhelmed and unable to disconnect. I need clearer work-life boundaries. I’ll be responding to emails during business hours only.”
Family	“When I walk in the door and immediately get pulled into tasks, I feel overwhelmed. I need 20 minutes to myself to decompress. Can we agree to hold off on household matters until after that?”
Friendships	“I’ve noticed we often talk about personal topics I don’t feel comfortable sharing. I value our friendship, and I also need privacy around certain things. Can we avoid discussing [topic] moving forward?”
Digital Boundaries	“To protect my focus, I’m limiting social media use to twice a day. If you need to reach me urgently, feel free to call.”
Self-Boundary	“I’ve noticed I work into the night, which leaves me exhausted. I need to prioritise my rest. From today, I’ll stop work by 9 PM and get 7+ hours of sleep.”

PART 3

REINFORCEMENT & REPAIR SCRIPTS

Use these for follow-up or if boundaries are crossed.

- **Reinforcement**

"Just a reminder—I'd like to stick to the boundary we discussed about _____."

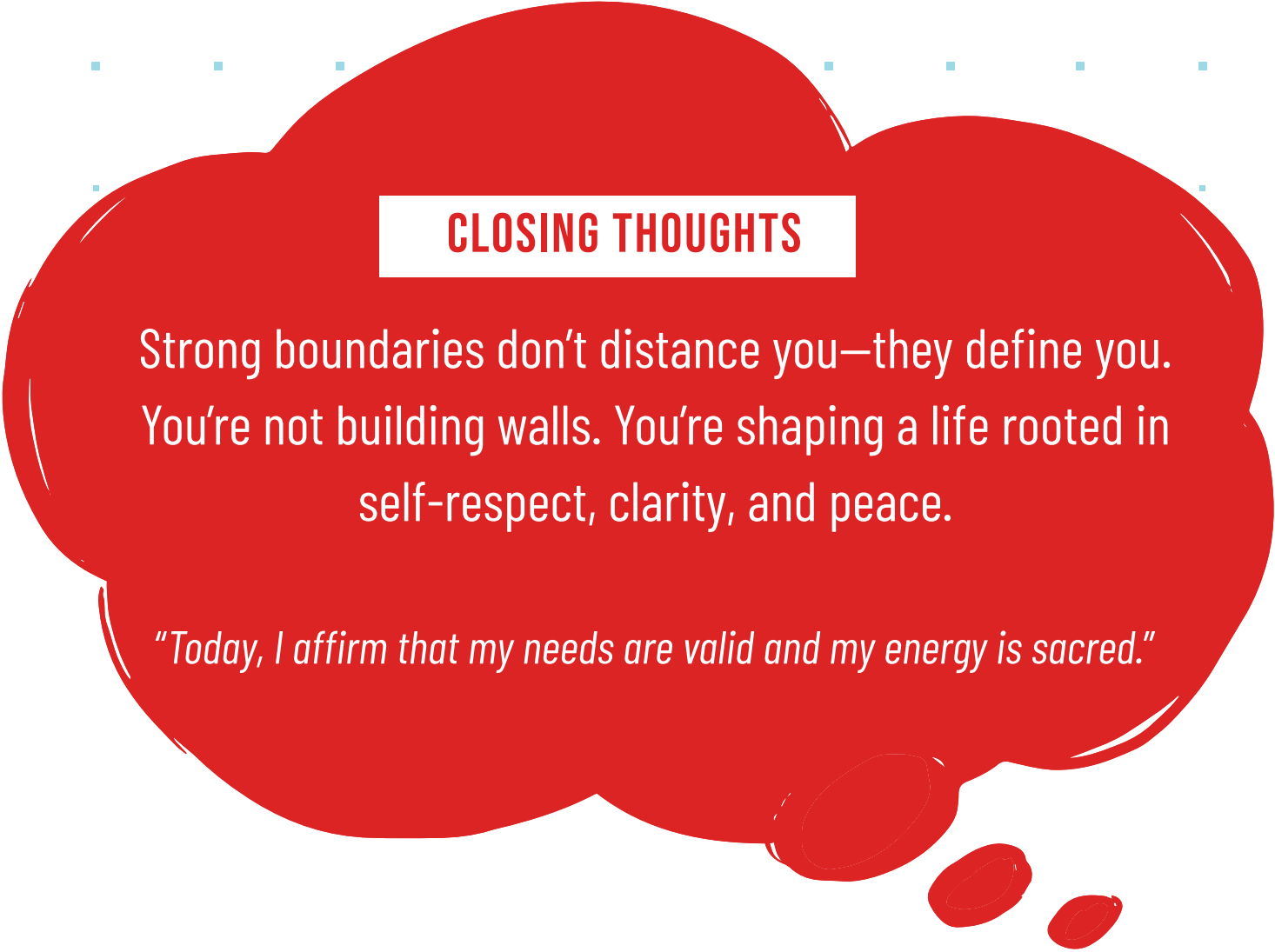
- **Repair**

"I noticed the boundary we set wasn't upheld, and it left me feeling _____.

Can we revisit what we agreed on?"

- **Self-Talk (if challenged)**

"This boundary matters. I can express it calmly, and I don't need to apologise for protecting my wellbeing."



CLOSING THOUGHTS

Strong boundaries don't distance you—they define you. You're not building walls. You're shaping a life rooted in self-respect, clarity, and peace.

"Today, I affirm that my needs are valid and my energy is sacred."

Next, you'll turn your insights into ready-to-use boundary scripts—so your truth feels natural, clear, and easier to express in real-time. ✨
