Boundary Setting Formulas



Flexible

"I need [need/feeling] when [situation]. Can we agree on [action]?"



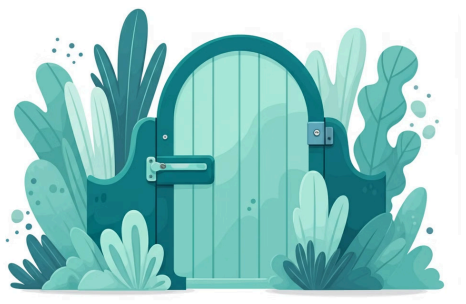
Collaborative

"I'm not comfortable [need/feeling] with [situation]. Let's find a solution."



Assertive

I feel/need when x or just If [situation], I will [action]. I hope we can avoid this.



Firmer

"I will [action] if [boundary is crossed]."