Tool No. 2: Functional Boundary Scripts

Scripts for functional boundaries. Boundaries aren't about control. They're about clarity. These scripts give you real examples of what functional boundaries sound like — not perfect scripts, but human ones. Use this to check your tone, reset your energy, and shift from "power struggle" to calm leadership.

Functional Boundary Starters:

Use when you need to set a limit without exploding.

- "I'm not okay with that."
- "We're not doing that right now."
- "You can be mad — and I won't let you hit me."
- "That's not how we talk to each other."
- "This isn't a punishment. It's a limit."
- "You're allowed to feel that. And this is still the boundary."
- "I won't argue about this. Let's come back to it when we're both calm."

When Repeating Yourself Feels Useless:

Use when they keep pushing the boundary and you're about to lose it.

- "My answer hasn't changed."
- "I've explained the limit. We're done for now."
- "You don't have to like the boundary. You just have to respect it."
- "You can keep asking. I'm still not changing my mind."

Gentle, But Firm Redirects:

Use when you need to course-correct without escalating.

- "That's not how we solve problems here. Let's try again."
- "Take a break and come back when you're ready to talk respectfully."
- "I need a pause so I can respond instead of react."

"You're important to me. This behavior isn't okay. Let's figure it out together."

— Melissa | Parenting Dirty

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