

## **Better Communication Boundary-Setting Statements**

While you are practicing setting boundaries, it may help to imagine yourself surrounded by a force-field which allows you to remain separate and protected from the other person. It is important not to allow the other person's behavior to hurt you, and to try not to deliberately hurt the other person.

"I am sorry you feel that way."

"I am not comfortable discussing this."

"I'd like to talk more about this when we are both calm. I'll call you later."

"I only have 10 minutes to talk right now."

"I would like you to please call me between \_\_\_ and \_\_\_ o'clock."

"Come back when you are calm so we can talk about this some more."

"That sounds like a difficult problem. What are you going to do?"

"That must be uncomfortable for you."

"I can't let you speak to me that way, so I'm going to... (hang up, walk away, talk to you when you are calm)."

"I don't like it when this happens, so I am going to stop this now."

"I'd like for us to change the subject now, or I'm going to have to hang up the phone."

"I don't have time in my schedule for that just now."

"I love you very much, and I'm going to...(hang up, walk away, end this conversation)."

"I am sorry you are having a hard time, but I can't help you with this problem."

"We are responsible for our own thoughts and feelings. I won't blame you for mine, and I'd appreciate it if you didn't blame me for yours."

"We don't seem to be in problem-solving mode for discussing this right now, so I am going to...(hang up, walk away, talk to you about it later)."