

**DIGNITY DREAM**

HEALING TOOLS FOR REAL LIFE

**FREE SCRIPT LIBRARY / 10 BOUNDARIES**

# The Boundary Script Library.

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*For the conversations that make  
your stomach drop. And the words  
to use anyway.*

*Therapist-written. People-tested.*

**DIGNITYDREAM.COM**

# You do not need the perfect words. You need usable ones.

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Most boundary advice skips the hardest part. It tells you to just say no and leaves you alone in the group chat at 10 p.m., heart pounding, rewriting the same message twelve times.

This is not that. This is ten scripts for ten real situations. Clinically grounded, humanly written, stripped of the over-explanation that gets you talked back into things you already said no to.

Use them as-is. Edit them. Steal the bones. The goal is not to sound like a therapist. The goal is to stop negotiating your own peace.

## HOW TO USE THIS

- 01** Find the script closest to your situation.
- 02** Read it out loud once. Let your mouth get used to the shape.
- 03** Adjust one or two words so it sounds like you.
- 04** Send it, say it, or text it. Do not over-explain.

# For the family moments.

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## FAMILY

### When a parent crosses a line with your child.

*They commented on your kid's body, food, or emotions in a way you will not let happen again.*

#### SAY

I know you love them. And I need you to stop commenting on their weight. If it comes up again, we will take a break from visits so I can protect them. That is not a threat. It is how we will keep seeing each other.

#### IF THEY PUSH BACK

*If they say I was just joking: I hear you, and this is the ask. No more comments.*

## FAMILY

### When you do not want to explain a life decision.

*They keep asking about the marriage, the baby, the job you have not taken yet.*

#### SAY

That is a big question, and it is not something I am discussing right now. I will let you know when there is something to share. Let us talk about something else instead.

#### IF THEY PUSH BACK

*If they push: I have already said this is not on the table today. I love you. Next topic.*

# For the work moments.

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**WORK**

## **When a manager drops a last-minute ask on your weekend.**

*It is 5:47 Friday. The Slack starts with quick favor.*

**SAY**

I will not be able to get to this before Monday morning. Happy to make it first thing next week. If it is truly urgent, let me know what the Monday 9 a.m. deadline would miss so we can plan for next time.

**IF THEY PUSH BACK**

*If guilt-tripped: I want to show up for this well. That means Monday.*

**WORK**

## **When a coworker keeps dumping their work on you.**

*You have helped three times. Now they are asking again.*

**SAY**

My bandwidth is full this week, so I will not be able to take this one. If this keeps coming up, it might be worth flagging with your manager to rebalance. Happy to support that conversation.

**IF THEY PUSH BACK**

*If they pressure: I cannot help with this one. Good luck with it.*

# For the romantic moments.

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## ROMANTIC

### When a partner uses silence as punishment.

*They have gone cold. You are supposed to figure out what you did.*

#### SAY

I notice the silence, and I am not going to chase the conversation. When you are ready to talk, I am here. If this happens again, we need to look at the pattern. Not the moment.

#### IF THEY PUSH BACK

*If they accuse you of being cold: I am not shutting down. I am not performing for silence. Those are different things.*

## ROMANTIC

### When you need to say no to physical intimacy.

*The answer is no. Full sentence.*

#### SAY

I love you, and tonight I am not available for that. I am not upset. I am just not in the headspace, and I do not want to fake my way through it.

#### IF THEY PUSH BACK

*If they pull away: My no is not a rejection of you. It is a yes to being honest with you.*

# For the friends moments.

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## FRIENDS

### When a friend only shows up when they are in crisis.

*You love them. You are also tired.*

#### SAY

I care about you, and I have noticed we mostly connect when things are hard. I want more than that. Can we plan something that is not crisis-driven. A walk, a dinner, a regular call.

#### IF THEY PUSH BACK

*If they get defensive: This is me trying to build a deeper friendship, not pull away.*

## FRIENDS

### When someone overshares and you are at capacity.

*You are the group therapist. It is not sustainable.*

#### SAY

I want to hear this, and I do not have the capacity tonight to hold it the way it deserves. Can we pick this up this weekend when I am actually present.

#### IF THEY PUSH BACK

*If they push: I would rather be here fully on Saturday than halfway here now.*

# For the digital moments.

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## DIGITAL

### When someone expects instant text replies.

*The question marks are getting shorter. The pressure is building.*

#### SAY

I am not always near my phone, and I respond when I am able to. If it is truly urgent, call me. Otherwise, I will get back to you when I can.

#### IF THEY PUSH BACK

*If they escalate: Speed is not how I show I care. Presence is.*

## SELF

### When you need to say no to yourself.

*The hardest one. You are about to override your own limit.*

#### SAY

I am not going to say yes to this just because I am scared of disappointing them. My no is allowed to exist before I have a perfect reason for it. I will feel the discomfort. I will not fold.

#### IF THEY PUSH BACK

*If the guilt spikes: Guilt is not proof I am wrong. It is proof I am practicing.*

# Stop over-explaining.

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If you are rewriting a text for the fourth time, you are probably explaining instead of answering. Every boundary you just read can be cut down to ONE line. When in doubt, use these.

*“That does not work for me.”*

*“I am not available for that.”*

*“I will think about it and get back to you.”*

*“No, and I do not owe you a reason.”*

*“I have said what I had to say on this.”*

*No is a complete sentence.*

*Your peace does not owe anyone a footnote.*

# You found the words. *Now find what made them so hard to say.*

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These ten scripts give you the language for the conversations that have been costing you sleep. They work. Save them. Send them. And underneath them, you can probably feel the harder question already rising.

Shattered Then Seen is the therapist-authored guided journal for the people who learned to over-explain because their voice was used against them. Gaslighting. Narcissistic patterns. The kind of relationships that train you to question what you actually feel. It walks you through naming what happened, getting honest about what it cost you, and rebuilding the part of you that knows your no does not need a defense.

Scripts carry you through the moment. This is the work that makes you stop needing them.

**OPEN SHATTERED THEN SEEN →**

# About Dignity Dream.

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Dignity Dream is a healing-tools brand built by a licensed therapist and social worker for the people who cannot sit in sessions every week but still deserve real, clinically grounded tools. We make journals, books, decks, and digital downloads that help people move out of survival mode and into a life that actually feels like theirs.

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