

SAY WHAT YOU MEAN:
BOUNDARIES
MADE EASY

***Simple Scripts to Stand
Your Ground Without
Guilt or Drama***



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THE 3-STEP FORMULA FOR STANDING FIRM WITH DIFFICULT PEOPLE

- 1 Stay Calm** – Difficult people feed on reactions. Keep yours neutral.
- 2 Be Direct** – Say what you mean without sugarcoating.
- 3 Repeat & Reinforce** – The more they push, the more you calmly restate your boundary.



QUICK SCRIPTS FOR DEALING WITH DIFFICULT PEOPLE

● **When Someone Ignores Your No & Keeps Pushing**

- 💬 “I already gave you my answer, and it’s not up for discussion.”
- 💬 “I’m not changing my mind on this.”

● **When Someone Tries to Guilt-Trip You**

- 💬 “I get that you’re upset, but my decision still stands.”
- 💬 “I’m allowed to make choices that are right for me, even if you don’t agree.”

● **When Someone Reacts with Anger or Manipulation**

- 💬 “I won’t be spoken to this way. If you continue, I’m ending this conversation.”
- 💬 “I can see you’re upset, but I’m not engaging in this argument.”

● **When a Family Member Refuses to Respect Your Boundaries**

- 💬 “I love you, but I’m not discussing this with you anymore.”
- 💬 “This topic is not open for debate. Let’s change the subject.”

● **When Someone Uses the “You’ve Changed” Attack**

- 💬 “Yes, I have. And I like the direction I’m growing in.”
- 💬 “I’m setting healthier boundaries for myself, and that’s a good thing.”

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**THE DO'S & DON'TS OF BOUNDARIES WITH
DIFFICULT PEOPLE**

✓ **Do:**

- ✓ Stay calm—don't feed their reaction.
- ✓ Keep your response short & firm.
- ✓ Repeat yourself if they keep pushing.
- ✓ Follow through with consequences if needed.

✗ **Don't:**

- ✗ Over-explain—difficult people use this to argue.
- ✗ Get defensive—it gives them power.
- ✗ Apologize for protecting your peace.
- ✗ Engage in endless back-and-forth debates.



**REMINDER:
BOUNDARIES ARE ABOUT YOUR PEACE, NOT THEIR APPROVAL**

Difficult people don't like boundaries because they benefited from you not having them. Hold your ground—it's not your job to make them comfortable at your expense.

★ **Want to go beyond just scripts?**

Inside ***Finding Your True Values Workbook***, you'll be able to identify and connect to your True Values which empowers you to enforce boundaries, handle pushback, and stay firm without guilt - because they are **YOUR True Values!**

Click [here](#) to find out your true values so you can start setting firm boundaries.