



BOUNDARY SCRIPTS FOR PUSHBACK

On-The-Go boundaries for anyone whose parents
won't take no for an answer

Whew, you made it.

I know how confusing it is to have needs around emotionally immature parents. I've had to learn this the uncomfortable way too.

If this guide helps you say one honest thing or helps you show up for yourself even once, that's enough.

- Jessica



Jessica Haart, M.Ed, NCC, LPC
Not Broken Therapy & Wellness, LLC

BOUNDARY SCRIPTS

– 01 –

THE DICTATOR

THIS PARENT REACTS BY GETTING DEFENSIVE, ACTING
LIKE YOUR BOUNDARY IS A PERSONAL ATTACK ON
THEM.

– 02 –

THE GASLIGHTER

THIS PARENT WILL MAKE SURE YOU DOUBT YOURSELF,
AND MAKE YOU FEEL LIKE YOU'RE THE PROBLEM.

– 03 –

THE GUILT-TRIPPER

THIS PARENT MAKES YOU FEEL LIKE A TERRIBLE
PERSON, LIKE YOU'RE BETRAYING THEM OR BEING
SELFISH.

– 04 –

THE MUFFER

THIS PARENT REACTS BY SHUTTING DOWN, REFUSING
TO ACKNOWLEDGE YOU AT ALL.

– 05 –

THE SHADE THROWER

THIS PARENT THROWS PASSIVE-AGGRESSIVE DIGS,
WITHOUT SAYING WHAT'S REALLY BOTHERING THEM.

THE DICTATOR

"HOW DARE YOU TALK TO ME LIKE THAT! I'M YOUR _____ (INSERT ANY FAMILY MEMBER HERE), YOU WILL LISTEN TO ME!"

SAY THIS

"OKAY, I'M GOING TO DO WHAT FEELS RIGHT FOR ME RIGHT NOW. LET'S TALK LATER."

"I GET THAT YOU'RE UPSET. I'M GOING TO TAKE CARE OF MYSELF RIGHT NOW. WE CAN TALK WHEN THINGS CALM DOWN."



THE GASLIGHTER

"YOU'RE JUST BEING DRAMATIC. IT'S NOT THAT BIG OF A DEAL."

"YOU DON'T NEED TO BE SO SENSITIVE, I DIDN'T DO ANYTHING WRONG."

SAY THIS

"IT'S NOT ABOUT BEING SENSITIVE, IT'S JUST HOW I FEEL
RIGHT NOW. I'M GOING TO TAKE A STEP BACK."

"I'M NOT UPSET WITH YOU, I JUST NEED TO HANDLE THINGS
THIS WAY. LET'S TALK WHEN WE CAN BOTH BE CLEARER."

"I'M NOT TRYING TO MAKE A BIG DEAL OUT OF IT, I JUST
NEED THINGS TO BE DIFFERENT."



THE GUILT-TRIPPER

"I CAN'T BELIEVE YOU'RE DOING THIS TO ME AFTER
EVERYTHING I'VE DONE FOR YOU."

"IF YOU REALLY CARED ABOUT ME, YOU WOULDN'T BE
ACTING LIKE THIS"

SAY THIS

"I DO CARE ABOUT YOU, BUT I NEED TO TAKE CARE OF MYSELF
RIGHT NOW. I'M STEPPING AWAY UNTIL WE CAN HAVE A BETTER
CONVERSATION."

"IT LOOKS LIKE WE'RE NOT ON THE SAME PAGE RIGHT NOW. I'M
GOING TO GO TAKE CARE OF MYSELF."

"I'M NOT TRYING TO HURT YOU, BUT I'M GOING TO STICK WITH MY
DECISION."



THE MUFFER

THIS IS WHERE THEY PRETEND THEY DIDN'T HEAR YOU
AND GO RIGHT ON DOING WHAT THEY WERE DOING.

SAY THIS

"I SEE YOU'RE NOT HEARING ME, SO I'M GOING TO
GIVE THIS SPACE FOR NOW. WE CAN TALK LATER."

"I SAID WHAT I NEEDED, AND I DON'T FEEL HEARD SO
I'M GOING TO WALK AWAY FOR NOW."



THE SHADE THROWER

"FINE, DO WHAT YOU WANT. I DON'T CARE ANYWAY."

SAY THIS

"OKAY, I'M GOING TO DO WHAT FEELS RIGHT FOR ME
RIGHT NOW. LET'S TALK LATER."

"I GET THAT YOU'RE UPSET. I'M GOING TO TAKE CARE
OF MYSELF RIGHT NOW. WE CAN TALK WHEN THINGS
CALM DOWN."



Stay Connected

Remember, setting boundaries is not supposed to be easy, it takes consistency and practice. And you are actively doing the work right now - just by simply reading through this! I promise you, it will feel easier with time.

If you're feeling stuck, let's talk! I can help you work on getting to the bottom of things and tackle all that guilt you're trying to push away.

[NEW CLIENT FORM](#)

[LEARN MORE](#)

If you're new here, let's be friends! 💕
FOLLOW ME @hellojessicahaart for
relatable content for anxious people-
pleasers and over-thinkers.

Jessica Haart



@hellojessicahaart

www.notbrokenththerapyandwellness.com

