

Communicating Boundaries

Adapted from Pia Mellody's Talking Boundaries and John Townsend

1. Foundational Context: “I’m having this conversation because you matter to me and I want to be connected to you.”

2. Talking Boundary/Concern and Request: “When you _____, I felt _____. Could we change this in the future by _____?”

3. Enforceable Response (only if a negative response to #2 is received): “If you choose to _____, then I will _____ to create safety for myself.”