

## *Boundary Battle: Scenarios by Category*

### **Work & Professional Boundaries**

- You're asked to take on a project outside your scope or time capacity.
- A colleague emails after hours expecting a reply.
- A supervisor schedules a last-minute meeting during your protected time.

### **Time & Energy Protection**

- A friend assumes you're free because 'you're just at home.'
- You're asked to help with an event when you're already spread thin.
- You're expected to always be available even when resting or recovering.

### **Relationships & Emotional Labor**

- A family member frequently vents to you without checking in on your bandwidth.
- A partner or friend minimizes your need for space or solitude.
- You're pressured to keep peace at the expense of your own needs.

### **Legacy Patterns & Precedents**

- You've always said yes and now it's just assumed.
- People are used to you over-functioning, and pushing back feels uncomfortable.
- You fear being labeled selfish or changed' if you set a new limit.



## *Boundary Battle Sayings*

- I'm on a no-committee diet.
- Let me check with my burnout coach... yeah, it's a no.
- I'd love to, but I love myself more.
- I need to say no to this, to say yes to that.
- I've got 99 problems and your emergency isn't one.
- I'm protecting my calendar like it's Beyonce tickets.
- Thanks for thinking of me, but I'll have to decline.
- I'm focusing on fewer things, more fully.
- No is a full sentence.
- That doesn't work for me right now.
- If I say yes to this, I'm saying no to something that matters more.
- My capacity is full and I respect that now.
- I could, but I'd resent both of us later.
- I've entered a witness protection program for overfunctioners.
- I'd rather rest than impress today.
- This season is about protecting my peace.
- I'm unavailable for that try me next quarter.
- That's not aligned with my current priorities.
- I'm no longer accepting guilt as a scheduling strategy.
- My default is no right now and I reassess quarterly.
- My intuition says no, and I'm listening.

## *Contact*

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