
PRACTICAL TOOLS

The Boundary Script Book

Word-for-word scripts for the hardest conversations in your relationship.

Boundary Agreement Resource Library

Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

When You Don't Know What to Say

You know you need to have the conversation. You just do not know how to start it, what words to use, or how to keep it from exploding. These scripts give you a starting point. They are not rigid. Adapt them. But when you are staring at the ceiling at 2am trying to figure out how to say the thing, start here.

When you need to set a boundary with your partner

"I need to talk about something important. This is not an attack. I want us to be better. When [specific behavior], I feel [specific emotion]. What I need is [specific request]. Can we agree on that?"

When your partner crosses a boundary

"We agreed on [boundary]. What just happened broke that agreement. I am not angry. I am reminding you that this matters to me. How can we make sure it does not happen again?"

When you need to apologize

"I was wrong about [specific thing]. I know it made you feel [impact]. There is no excuse. I am sorry. Going forward, I will [specific change]. You deserve better from me."

When you need to raise a sensitive topic

"I have been thinking about something and I want to talk about it, but I am nervous it will come out wrong. Can I have your patience while I try to say this?"

When you need to talk about money

"I want to get on the same page about our finances. Not to blame anyone. I want us to build something together. Can we sit down this week and look at everything honestly?"

When you need to talk about intimacy

"Our physical connection is important to me, and I feel like we are not where I want us to be. I am not criticizing you. I want to understand what you need and I want to share what I need too."

When your in-laws have overstepped

"I need you to address [specific situation] with your [parent]. I know it is uncomfortable, but I need to know you have my back. This is about us, not about them."

When you need space

"I need some time to process what I am feeling. This is not me pulling away or punishing you. I will come back to this conversation by [specific time]. I love you and I want to get this right."

When you are feeling unappreciated

"I have been feeling invisible lately. I am not saying you do not care. I am saying I need to hear it, see it, and feel it more. Can we talk about what that looks like?"

When trust has been broken

"What happened broke something between us. I am not leaving, but I need you to understand that trust is not rebuilt with words. I need to see consistent change over time. Are you willing to do that work?"

