

## Assertive Exercise: "The Boundary Script Practice"

### Objective:

To help you practice setting boundaries assertively, clearly, and with confidence in various situations.

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### Step 1: Identify a Boundary

Think of a recent situation where your boundaries were crossed. For example:

- Someone asked you to do something you didn't have the time or energy for.
- A friend or coworker made a comment that felt disrespectful.
- A family member insisted on knowing personal details you weren't comfortable sharing.

Write it down in one sentence:

"I felt uncomfortable when \_\_\_\_\_ because \_\_\_\_\_."

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### Step 2: Create Your Boundary Script

Use the following formula to craft an assertive response:

1. **State the situation:** Clearly describe what's happening.
2. **Express your feelings:** Use "I" statements to avoid blame.
3. **Set the boundary:** Clearly outline what you need.
4. **Optional consequence (if necessary):** What will you do if the boundary is ignored?

Example Script:

- *"When you call me during work hours to chat, it interrupts my focus. I need you to respect my working hours and save non-urgent conversations for after 5 PM. If it's urgent, please send a text."*
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### Step 3: Practice Out Loud

Find a quiet space or a supportive friend to role-play with. Repeat your boundary script out loud several times. Pay attention to:

- **Tone:** Calm and firm, not aggressive.
  - **Body Language:** Maintain open posture and eye contact.
  - **Volume:** Speak clearly and confidently.
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### Step 4: Handle Pushback

Practice potential responses to resistance, using calm repetition:

- *“I understand you feel that way, but I’m asking you to respect my boundary.”*
  - *“I won’t discuss this further if you can’t respect my decision.”*
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### Step 5: Reflect

After practicing, journal about how it felt to set the boundary. Identify areas where you felt strong and where you can improve.

#### **Challenge Yourself:**

Use your script in real life. Start small, and gradually apply it to more challenging scenarios.

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#### **Reminder:**

Boundaries are not about controlling others—they’re about communicating your needs and protecting your energy. Assertiveness is your ally.