

SCRIPTS for



expressing **BOUNDARIES**



• Bret

Recap!

We learned how to check-in with ourselves when something happens to us using the STOP practice.

We learned how to communicate with others when boundaries have been crossed.

Let us practice with a few scenarios that I will share!



That's one way to do it!

If this isn't in anything that you've written down yet, we will add more things that you could do or say below:

First, check-in with yourself using the **STOP practice**.

You can also try the **GIVE technique**.

Gentle (“Oh, is that what you think?”), **Interested**, (“What about that is a waste?” “What did you like about her before?”), **Validate** (“Oh, that's how you see it.”), and **Easy Manner** (Being calm, not raising your voice).

And if you notice that you are not comfortable, you can **avoid and leave** the situation. (“Wait, I need to do something.” “Alright, bye and see you later!”).

• **Bret**



In situations like these, you may **set your boundaries**. Remember that setting boundaries is one way of maintaining your relationships and letting others know how they could help you feel more supported. We can also try following **DEAR MAN**.

Describe - “Tita, you’re asking me again about my love life”

Express - “I feel embarrassed by questions like that”

Assert - “Let’s not talk about this topic”

Reinforce - “Thanks for understanding”

Mindfulness - “What I would want is to talk about other topics”

Appear confident - Eye contact, speaking clearly

Negotiate - “I’ll just let you know if I already have a lovelife, and if I am comfortable to share.”

Remember that it might be difficult at first, but if you continue practicing this with other people you know like your friends or your partner, you’ll get used to it!

• **Bret**



REMEMEMBER

At **first**, it might **feel awkward or unnatural to say these kinds of things** but **the most important thing is to express our opinions on things, especially if these are already crossing our personal boundaries. Practice makes perfect, so start practicing the different ways of communicating your boundaries with your close friends and family. Start by practicing in a safe space until you are able to apply these in different situations in your life!**

RAINBOW FUNDS

THE PROJECT

