

QUICK SCRIPTS

The purpose of these quick scripts is to provide you with healthy ideas of how to express your thoughts, feelings, and desires so you can be more empowered and honest in your friendships.

To gently negotiate for your needs, prioritize your preferences:

- “I would like to make a simple request that we take turns deciding where to meet for dinner.”
- “I would really appreciate it if you could let me finish my story before telling yours.”
- “I would be more comfortable if we could decide together when and where to meet.”
- “I thought you should know, when you interrupt my story it makes me feel unimportant or that you’re not listening.”
- “I wanted to bring this to your attention. The last few times we’ve gotten together, I paid more than my share. I should have said something at the time and will if it happens again.”
- “I need to tell you that you telling Betty something I shared with you in confidence really bummed me out and broke my trust. Please don’t do it again.”
- “I want you to be aware of how I feel about our interaction the other night.”
- “I’ve noticed that when I am talking you are frequently on your phone. Can you put it down and really be here with me, please?”

To minimize resistance + resolve conflict:

- “I disagree with what you did, not with who you are.”
- “Help me understand...”
- “It is not you against me; it is us against the problem.”
- “Let’s not do this, this won’t help the situation.”
- “I’m not sure I agree with your understanding of _____, please tell me more”
- “We are on the same side.”
- “In my experience...” [can anyone argue with your experience?]
- Limit your use of the words: “never, always, but, actually, the truth is, and unfortunately.”

CHAPTER 10

Real-World Boundaries

ADDITIONAL SCRIPTS

Checking in With What You Really Want

- “Hold on, I need to grab my water.”
- To the mother-in-law who makes the assumption you’re free for and interested in an event that feels like a chore: “Oh, cooking/shopping/needlepoint party is not really my thing, but I can come hang with you for an hour to say hi.”

Stopping Triangulation

- “Hey, Betty. I’m sorry you’re so upset. I’m actually on a negativity fast, so I can’t go there. It really brings me down.”
- “Betty, if you want to solve your problem with Bob, please go directly to the source. Why don’t you let Bob know how you feel?”
- “I’m sorry you are struggling. My two cents? I think it would be much more productive for you to hash this out with Bob directly.”
- “I really can’t go there, but I’m happy to hear the latest on you.”
- “I prefer to keep communication between me and my mother between me and my mother. Thanks.”
- “I’ll discuss that directly with my mother. Do any cool embroidery projects lately?”

Stopping the Auto Advice-Giver

- “I have something I’d like to share, but before I do, I want you to know that I am working on trusting my intuition. I’d really love it if you could listen with kindness and refrain from offering up solutions. I’ll get there.”

- “Please stop giving me unsolicited advice and criticism. I would love it if you could just be happy for me.”
- “I would appreciate your support for where I am in my process. Just knowing that you care that I’m struggling really helps. Thank you.”
- “I’m actually not looking for input right now.”
- “In our relationship, you’ve often helped me figure things out. I’ve actually been working on listening to my own intuition, and I’d love it if you can support me by just listening and caring.”
- “What I really need in this moment is just for you to listen, please.”
- “What would really make me feel supported is if you listened without judgment.”
- “I trust that your intention is to be supportive, so I want to share that your experience doesn’t resonate with how I’m feeling right now. Are you up for listening instead of trying to fix?”

Handling Covert Judgement

- “You’re entitled to your opinion, but I don’t need or want to know it. Your criticism undermines me and negatively impacts our relationship. I love you, so I don’t want that to happen.”

Offensive Comments and Behavior

- “When you told that joke, I felt belittled. Please don’t do it again.”

Challenges to Your Deal Breaker

- “This is non-negotiable.”
- “I’m not seeking your approval or opinion about my feelings/preferences/deal breakers. I am simply informing you of them.”

Money Matters

- “Dad, I prefer that you stop sending me checks. It makes me uncomfortable. Our weekly phone chats are a gift I cherish.”
- “Uncle Joe, your concern about my finances isn’t warranted. If the time comes when I want your investment advice, I’ll be sure to ask.”
- “I’m sorry you’re in a rough spot. The last time I lent you money I told you it was the last time. You will have to find another way as I cannot help you.”

Problem-Solving

- “I have a different viewpoint, but I respect and hear where you’re coming from.”
- “Hey, it’s not me against you. It’s us against the problem.”

De-Escalating Conflict

- “We are on the same side. Let’s figure this out together.”
- “I am not making you wrong. I am honestly trying to understand.”

Interruptions

- “Hey, Betty, you correcting me on that minor detail doesn’t actually affect my story. Can you please let me finish?”
- (Non-verbal: hold up your hand in a stop sign).

Passive-Aggression Disguised as Teasing -

When someone says, “You can’t take a joke/You have no sense of humor/I was just kidding!” you can say:

- “Not cool, Bob. If you have a beef with me, I’d prefer you be straight forward about it.”

Someone Who Negates Your Feelings -

When you have expressed your feelings, and someone replies, “You shouldn’t feel that way,” “That’s ridiculous”, or “No you don’t,” you can say:

- “That doesn’t change what’s real for me at this moment.”
- “I’m telling you how I feel, not asking for your opinion on my feelings.”
- “I feel judged by that comment. Was that your intention?”

Someone Who Tries to Blame You

- “I have no control over the decisions you make, and so I’m not going to pay for something you appear to be regretting.”
- “I feel your pain, but I don’t think I am the correct recipient of your anger. I am not willing to take the blame for this situation.”

Jealous or Bossy Friends

- “I’m sorry you feel hurt. I love you, and I have other friends that are also important to me. Please don’t expect to be included in every one of my plans.”
- “Please stop trying to control me with guilt.”
- “I’d love it if you would simply be happy for me.”

Enforcing Previously Established Consequences

- “As I told you, your repeated disregard for my time is upsetting to me. I also told you that if you canceled our plans again at the last minute, I wouldn’t be available for future plans with you. I’m sorry you’re going through something, but I can’t put you in my calendar anymore.”

Standing up for Your Preferences

- “Thank you for keeping me posted. I spoke with [name of spouse/friend/significant other] and we can’t commit at this moment. Would you be open to us revisiting this plan a month or two before the date?”

YOU GOT THIS
with love Terri

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