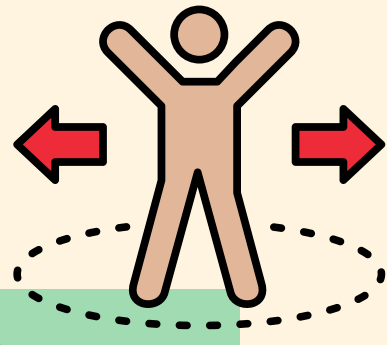


10 BOUNDARIES SCRIPTS

TO USE WITH
NARCISSISTIC PARENTS



Protecting Your Time

"I can't talk right now, but I'll reach out when I'm in the right headspace."

Avoiding Topics

"That's not something I want to get into. Let's change the subject."

Handling Criticism

"I appreciate your perspective, but I'm choosing to focus on what feels right for me."

Maintaining Privacy

"I'm keeping that part of my life private. Thanks for understanding."

Dealing with Guilt Trips

"I hear that you're disappointed, but this decision is what's best for me."

Interrupting Manipulation

"This conversation doesn't feel good right now. Let's pause and talk another time."

Leaving Conversations

"I need to step away now. We can talk later when things are calmer."

Saying No

"I can't do that, but I hope you understand."

Setting Physical Boundaries

"Please call or text before coming by. It helps me plan and feel prepared."

Holding Your Ground

"I've made my decision, and I need you to respect that."

