UNITY PATH
FAMILY SUPPORT

25 Healthy Boundary Scripts

FOR FAMILIES AFFECTED BY ADDICTION

Sometimes the hardest part isn't knowing you need a boundary—
it's knowing what to say. These simple, respectful phrases can help you
communicate with compassion while protecting your own well-being.

1. FINANCIAL BOUNDARIES

1. "I love you, but I won't give you money."
2. "I'm willing to help you look at other options, but I won't provide cash."
3. "I know this is difficult. My answer is still no."

2. WHEN THEY ARE UNDER THE INFLUENCE

4. "I care about you, but I'm not going to have this conversation while you're under the influence."
5. "Let's talk tomorrow when we're both able to think clearly."
6. "I'm ending this conversation for now."

3. WHEN VOICES RISE

7. "I want to hear what you have to say, but I won't stay in a conversation where I'm being yelled at."
8. "I'm going to step away. We can talk when we're both calm."
9. "I deserve to be spoken to with respect."

4. WHEN YOU'RE ASKED TO FIX EVERYTHING

10. "I care about you, but I can't solve this for you."
11. "I believe you're capable of taking the next step."
12. "I'll support healthy choices, but I can't make them for you."

5. WHEN YOU FEEL GUILTY

13. "Saying no doesn't mean I don't love you."
14. "I can love you and still have healthy boundaries."
15. "Taking care of myself is not selfish."

6. WHEN YOU'RE BEING MANIPULATED

16. "I hear that you're upset. My decision hasn't changed."
17. "I'm not comfortable with that."
18. "I'm not going to argue about this."

7. ENCOURAGING RECOVERY

19. "If you're ready for help, I'll support you in finding it."
20. "Recovery is your responsibility, and I'll encourage you along the way."
21. "I can't force change, but I'll celebrate every healthy step you take."

8. PROTECTING YOUR PEACE

22. "I'm choosing to take care of myself today."
23. "I'm not available to continue this conversation."
24. "I'm allowed to have peace, even when someone I love is struggling."

9. WHEN YOU NEED TO LEAVE

25. "I'm leaving because I don't feel safe." | "We'll continue this conversation another time." | "I'm choosing to step away now."

Remember:

Healthy boundaries are not about controlling another person or punishing them. They are about protecting your emotional and physical well-being, communicating with honesty and respect, allowing others to be responsible for their own choices, and making space for hope, healing, and healthy relationships.

You can love someone deeply and still have boundaries.

YOU ARE NOT ALONE. YOU MATTER. YOUR PEACE MATTERS.

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