



20 PHRASES TO MAINTAIN BOUNDARIES: *HOLIDAY EDITION*

- Thanks for the offer but I won't be *drinking* (eating, going..etc) tonight.
- Thank you but I'm not looking for any advice at the moment.
- Thank you for your concern but I'll take it from here.
- Thank you for your opinion but I'm happy with *choice* (my weight/children/partner/religious beliefs...etc).
- I'm not comfortable talking about this right now but thanks for checking in on me.
- That's really personal and I'd prefer not to talk about it at the moment.
- Please don't make comments about my *weight* (religion, portion size, children, past relationships...etc). It really bothers me and makes me uncomfortable.
- I can see that we're not going to agree so I'd like to stop talking about this.
- I'm excited for the party but can only stay for *3 hours*.
- I am not responsible for your *feelings* (goals, actions...etc).
- I need a bit of time to process what you've said and reflect on how I'd like to respond.
- I don't want to talk about this right now.
- It is difficult for me when you say *X*. Please can you refrain from this or say *Y* instead.
- If you want to continue having this conversation, please stop speaking to me in this way.
- I can see that this is really upsetting you. Let's take a break and continue this once we're both in a better head space.
- You have no say in this matter.
- I'd prefer to talk about this when we have some privacy.
- I wish I could help but I'm not the best person to talk to about this. It might be best to talk to them directly.
- I'm not able to make it but thank you for thinking of me.
- It's really important to me that I have some time to myself over the holidays.