

**THE
HIGH
FUNCTIONING**
Woman's Boundary Scriptbook

*The words I wish I had when I first started learning to
acknowledge my needs.*

If you've ever rehearsed a

“*No*”

in your head and still said “yes” –
then this is for you.



This scriptbook gives you the lines to say in the
moments when you're caught between your
needs and other people's expectations.

Because boundaries are

BADASS

*When your boss asks you to take on
more work when your already
drowning in it...*

"Hey, Could you please just add
this massive extra task to your
currently ridiculous list please?"

"Unfortunately, I'm at full
capacity right now so I can't
give this the attention it
deserves. I'll have to say no,
but I hope it finds the right
home!"



*When someone keeps 'emotionally
dumping' but you don't have the
brain capacity*

"Hey, Could I call you to have a
rant. I just need to vent about
that situation again?"

"I really do care about your
situation, but I'm not in the
headspace to be a good
listener at the moment. Can
we talk about it another
time?"

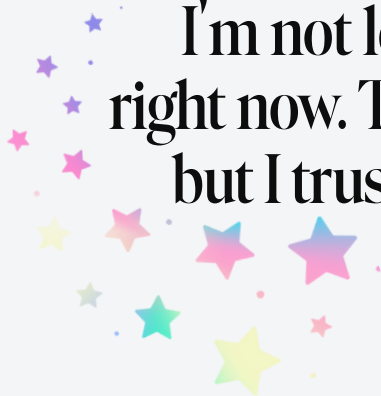


*When a family member criticises
your parenting*

"You shouldn't do it like that.

When you were younger, we did
it this way - that's the better
way"

"I know you mean well but
I'm not looking for advice
right now. Thanks for caring,
but I trust myself to figure
this out"



*When you want to cancel plans,
guilt free*

"Hey, are you coming tonight?
You said you would"

"Sorry, I've been feeling really
depleted today and I need
some time to recharge.
Thanks for understanding!"



*When your partner assumes you'll
handle the mental load*

"Hey, you've got it handled
right? I'm just going to head out
this evening."

"Actually, I need us to sit
down and divide this out.
There are invisible bits that
are burning me out. I feel
over capacity"



*When someone keeps asking for
small favours and your fed up*

"Hey, can you help me with that
thing again. Sorry to keep
asking!"

"Hey, unfortunately I can't do
it again today. I'm trying to
get better at honouring my
limited and I can't commit to
this at the moment"



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