

Boundary Script Sheet

FINANCIAL BOUNDARIES

- ✓ "I love you, but I'm not able to give you money anymore. I will support you in getting help.
- ✓ "I'm willing to help with groceries or treatment, but I won't give cash.
- ✓ "I will support you financially if you are actively in recovery or treatment.
- ✓ "My answer isn't going to change, I care about you, but I can't continue this pattern.
- ✓ "I won't have this conversation while you're under the influence.

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- ✓ "I believe you are capable of handling this. I'm stepping back so you can take responsibility.
- ✓ "I care about your safety, and I will help you find resources, but I won't rescue you from consequences.
- ✓ "I need to take care of my financial future and emotional health.
- ✓ "I've made this decision, and I'm going to stick with it.
- ✓ "I love you. I'm here for your recovery — not your addiction

What To Say When They Push Back

When you set boundaries, resistance is normal. Stay calm, consistent, and grounded in your decision.

- ✔ “You don’t care about me.” → I care about you deeply. That’s why I can’t keep supporting this pattern.
- ✔ “I just need help this one time.” → I understand it feels urgent, but my boundary isn’t changing.
- ✔ “You’re making things worse.” → I hear you’re upset, but I’m choosing what’s healthiest long-term.
- ✔ “I’ll pay you back.” → This isn’t about repayment. It’s about changing the pattern.

What To Say When They Push Back

When you set boundaries, resistance is normal. Stay calm, consistent, and grounded in your decision.

- ✔ “You’re abandoning me.” → I’m not abandoning you. I’m here for your recovery.
- ✔ “I can’t do this without you.” → I believe you are stronger than you think.
- ✔ “You’ve helped before.” → And I’ve realized that it hasn’t helped in the way I hoped.
- ✔ “This is different.” → I hope it is. And my boundary still stands.
- ✔ “Anger or silence” → I understand this is hard. I’m still here, and my decision remains the same.