



Gentle Holiday Boundary Scripts

PROTECT YOUR PEACE THIS SEASON!

The holiday season can be a time of joy and connection, but it can also bring stress and overwhelm. Setting boundaries is essential for protecting your peace and well-being during this busy time. Here are some scripts and affirmations to help you navigate holiday gatherings and requests with confidence.

Declining Invitations

- "Thank you so much for the invitation! I'm not able to make it this year, but I'm thinking of you all and sending warm wishes."
- "I appreciate you including me, but I've already committed to other plans for that day. Have a wonderful time!"
- "I can't this year but I'd love to catch up another time when things slow down." (*creates connection without committing*)

Tip: Keep your response polite and appreciative while clearly stating your boundary. You don't need to over-explain or justify.

Handling Personal Questions

- "I'm focusing on enjoying today, so I'm not discussing that topic. But I would love to hear how you've been. What's new with you?"
- "That's something I'm keeping private for now. How's work? Anything exciting lately?"
- "I'm not talking about that right now, but I did just start watching ____ and it's so good. Have you seen it?"
- Short exit option: "I'm keeping that private for now but it was good talking with you. I'm going to grab something real quick."

Notice: boundary + redirect keeps the conversation flowing.

Handling Unsolicited Advice/Comments

(about your decisions in relationships, parenting, food, career, healing, etc.)

- “I appreciate your concern, but I’m making decisions that feel right for me. So, how’ve you been enjoying the holidays?”
- “Thank you for thinking of me. I’m not open to feedback on that, but I’d love to hear about any upcoming plans you have for the new year.”
- “I’m content with where I am right now. I can’t believe it’s almost 2026. It’s been such a year, am I right?”
- “I’m doing the best I can these days. I’ve been curious though, what’s your take on the 6-7 trend? I’m over it.”

Tip: After stating your boundary, feel free to add a touch of humor, warmth, or a light, topical shift to keep the conversation friendly and natural.

Needing a Break

- “Hold that thought. I’ll be right back.”
- “I need a quick reset. Be back in a bit.”
- “I’m taking a quick break. I’ll rejoin soon.”
- “I’m going to get some air, but please continue without me.”

Notice: No apology needed. Permission isn’t required.

Leaving Early

- “I’m heading out now, but thank you for everything. I had a great time.”
- “I wish I could stay longer, but I have to get going. Thank you so much for the invite.”
- “It stinks that I can’t stay longer, but I’m happy I could stop by for a bit. Let’s catch up again soon.”
- “I have to get going, but thank you so much for having me.”

Tip: When your words are clear about your plans, it leaves little room for debate. Avoid phrases like “I think...” or “Maybe I should...” and state your choice confidently.

Reinforcing Boundary

- "I hear you, and thank you for your concern. I'm doing what feels best for me right now."
- "I really appreciate your concern, and I appreciate you respecting my wishes about not discussing that topic."
- "I know you're only asking because you care but please, let's focus on something else. The kids are getting so big. How's school going for them?"

Notice: In these examples, we're acknowledging the other person's perspective first. You don't have to do this, but it can help them feel heard before you gently and firmly restate your boundary.

Affirmations for Maintaining Boundaries

Sometimes we need gentle reminders that it's okay to honor our needs. If you're new to setting boundaries or still getting comfortable with them, choose one or two affirmations to return to when you need support.

- "I am allowed to protect my peace."
- "Setting boundaries is an act of self-respect."
- "My needs are valid and worth honoring."
- "I am in control of my time and energy."
- I deserve relationships and environments where I feel safe and respected.

Remember, boundaries are a form of self-care, self-love, and self-respect. The more you honor your well-being, the easier it becomes to protect your energy and peace. Practice these ahead of time so they feel natural when you need them. Wishing you a calm and connected holiday season.

With belief in you,
LaQuita

