

BELOVED RISING

Boundary Scripts Deck: 52 Cards of What to Say

Your Pocket Guide to Speaking Truth with Grace

FAMILY BOUNDARIES (13 Cards)

Card 1: The Respectful No

"I love you, but I can't do that right now." Use when: Asked to drop everything for non-emergency

Card 2: The Emotional Boundary

"I'm not willing to discuss that topic anymore." Use when: Conversations become attacking or draining

Card 3: The Time Protector

"I need to check my schedule and get back to you." Use when: Pressured for immediate commitment

Card 4: The Advice Deflector

"Thank you for caring. I'll take that into consideration." Use when: Receiving unsolicited advice

Card 5: The Guilt Neutralizer

"I understand you're disappointed. I'm still not able to do that." Use when: Someone tries to manipulate through guilt

Card 6: The Past Release

"I've forgiven that, and I'm not going to keep rehashing it." Use when: Old wounds are weaponized

Card 7: The Privacy Protector

"That's personal, and I'm keeping that between me and God." Use when:
Asked *intrusive questions*

Card 8: The Visit Boundary

"This time works for us: [specific time]. Does that work for you?" Use when: *Someone assumes they can drop by anytime*

Card 9: The Parenting Boundary

"I appreciate your input. We've made our decision as parents." Use when:
Your parenting is criticized or undermined

Card 10: The Holiday Boundary

"We're creating new traditions this year. We'll see you [specific time]." Use when: *Holiday expectations are overwhelming*

Card 11: The Comparison Stopper

"Every family is different. This is what works for us." Use when: *Compared to siblings or other family members*

Card 12: The Drama Exit

"I can see this is getting heated. I'm going to step away now." Use when:
Conversation becomes toxic

Card 13: The Financial Boundary

"I'm not in a position to help financially right now." Use when: Asked for
money you can't or shouldn't give

WORK BOUNDARIES (13 Cards)

Card 14: The After-Hours Boundary

"I'm off the clock now. I'll address this during business hours." Use when:
Contacted during personal time

Card 15: The Workload Protector

"My plate is full. If this is priority, what should I move?" Use when: *Given more work than humanly possible*

Card 16: The Meeting Boundary

"I have a hard stop at [time]. Let's focus on the essentials." Use when: *Meetings run long*

Card 17: The Credit Claimer

"Actually, I developed that concept. I appreciate you mentioning it." Use when: *Your work is claimed by others*

Card 18: The Respect Requester

"I need you to speak to me respectfully, even when we disagree." Use when: *Spoken to disrespectfully*

Card 19: The Scope Boundary

"That's outside my role. You'll need to discuss that with [person/department]." Use when: *Asked to do someone else's job*

Card 20: The Lunch Protector

"I use my lunch break to recharge. Let's schedule time this afternoon." Use when: *Someone tries to work through your lunch*

Card 21: The Email Boundary

"I check emails twice daily. For emergencies, please call." Use when: *Expected to respond instantly*

Card 22: The Gossip Stopper

"I'm not comfortable talking about them when they're not here." Use when: *Invited into workplace gossip*

Card 23: The Unreasonable Deadline

"That timeline isn't realistic. I can deliver [realistic date] with quality." Use when: *Given impossible deadlines*

Card 24: The Clarification Request

"I want to make sure I understand. Can you put that in writing?" Use when:
Given vague or verbal instructions that may change

Card 25: The Personal Question Deflector

"I keep my personal life private. Thanks for understanding." Use when:
Asked inappropriate personal questions

Card 26: The Volunteer Boundary

"I'm focusing on my core responsibilities right now." Use when: *Pressured to volunteer for extra projects*

CHURCH BOUNDARIES (13 Cards)

Card 27: The Service Boundary

"I'm taking a season to rest and recharge. I'll let you know when I'm available." Use when: *Pressured to serve when you're depleted*

Card 28: The Giving Boundary

"I give as the Lord leads me, not based on pressure." Use when: *Guilted about giving/tithing*

Card 29: The Doctrine Boundary

"I'm processing that with the Lord. I'm not ready to discuss it." Use when:
Questioned about theological positions

Card 30: The Attendance Boundary

"God is working in my life in this season. I appreciate your concern." Use when: *Judged for attendance patterns*

Card 31: The Ministry Overload

"I need to honor my family first. I can't take on another commitment." Use when: *Expected to say yes to every ministry opportunity*

Card 32: The Spiritual Abuse Response

"That's between me and God, not you." Use when: *Someone claims authority over your relationship with God*

Card 33: The Gossip/Prayer Stopper

"Instead of sharing that, let's pray for them right now together." Use when: *Someone disguises gossip as "prayer request"*

Card 34: The Doubt Permission

"Questions are part of faith. I'm not going to pretend I have all the answers." Use when: *Shamed for honest questions*

Card 35: The Prophecy Boundary

"I'll take that to prayer and test it against Scripture." Use when: *Someone gives you a "word from God" you don't witness*

Card 36: The Comparison Resistance

"My walk with God looks different than yours, and that's okay." Use when: *Your faith expression is criticized*

Card 37: The Small Group Boundary

"I need to step back from the group for now. Thank you for understanding." Use when: *A small group becomes toxic or draining*

Card 38: The Counsel Boundary

"I'm working with a counselor/pastor on this. I'm not seeking additional input." Use when: *Everyone wants to give you spiritual advice*

Card 39: The Worship Preference

"I connect with God in different ways. This is what works for me." Use when: *How you worship is judged*

FRIENDS BOUNDARIES (13 Cards)

Card 40: The Availability Boundary

"I can't talk right now, but I can call you [specific time]. Does that work?"

Use when: Friend calls and expects immediate availability

Card 41: The Venting Limit

"I want to support you, but I'm tapped out on this topic. Can we talk about something else?" *Use when: Friend uses you as emotional dumping ground*

Card 42: The Plan Protector

"I already have plans. Let's find another time." *Use when: Friend expects you to cancel for them*

Card 43: The Advice Stopper

"I'm not looking for advice right now, just someone to listen." *Use when: You need support, not solutions*

Card 44: The Reciprocity Requester

"I've noticed our conversations are mostly about you. I need to feel heard too." *Use when: Friendship is one-sided*

Card 45: The Social Media Boundary

"I'm taking a break from social media. Call or text if you need me." *Use when: Expected to keep up with everything online*

Card 46: The Jealousy Boundary

"I'm celebrating this win. I need you to be happy for me." *Use when: Friend can't celebrate your success*

Card 47: The Debt Boundary

"I don't lend money to friends. It protects our friendship." *Use when: Asked to lend money*

Card 48: The Favor Limit

"I'm not able to help with that. Have you considered [alternative]?" Use when: *Constantly asked for favors*

Card 49: The Group Drama Exit

"I care about all of you, but I'm not taking sides in this." Use when: *Pressured to choose sides in friend drama*

Card 50: The Honesty Boundary

"I love you, but that behavior hurt me. Can we talk about it?" Use when: *Need to address something difficult*

Card 51: The Flake Response

"I need friends I can count on. Can you be more reliable, or should we adjust expectations?" Use when: *Friend constantly cancels*

Card 52: The Toxic Friendship Exit

"I care about you, but this friendship isn't healthy for me anymore. I need to step back." Use when: *It's time to end a toxic friendship*

HOW TO USE THIS DECK

- 1. READ DAILY:** Pull one card each morning. Practice saying it out loud.
- 2. CARRY THEM:** Keep relevant cards with you when facing difficult situations.
- 3. ADAPT:** Use these as starting points. Make them your own words.
- 4. PRAY FIRST:** Ask God for courage before speaking.
- 5. EXPECT PUSHBACK:** Boundaries create discomfort in people used to having none from you.
- 6. STAY FIRM:** You don't need to justify, argue, defend, or explain (JADE).
- 7. REPEAT:** Narcissists will test boundaries. Repeat the same phrase calmly.
- 8. BREATHE:** Take three deep breaths before delivering a boundary.

CARD DESIGN SPECIFICATIONS

Size: 2.5" x 3.5" (standard poker card size) **Material:** Durable cardstock, 350gsm minimum **Finish:** Matte coating (writes on if needed) **Packaging:** Sturdy box with magnetic closure or tuck box

CARD FRONT DESIGN:

- **Top:** Category icon (Family/Work/Church/Friends)
- **Center:** Main boundary phrase in large, readable font
- **Bottom:** Beloved Rising logo

CARD BACK DESIGN:

- **Top:** "Use when:" scenario
- **Center:** Beloved Rising ministry info
- **Bottom:** Scripture: "For God has not given us a spirit of fear, but of power and of love and of a sound mind." - 2 Timothy 1:7

Color Coding by Category:

- Family: Warm Burgundy
- Work: Professional Navy
- Church: Sacred Purple
- Friends: Calming Teal

COMPANION RESOURCES

Boundary Scripts Deck Journal

- Space to write your experiences using each script
- Reflection prompts

- Victory tracking

Digital Version

- App with searchable scripts
- Add your own custom scripts
- Share anonymously with Beloved Rising community

Workshop Series

- Practice role-playing scenarios
- Build boundary-setting muscle memory
- Community support

AFFIRMATION (Include as Bonus Card)

"I AM BELOVED RISING"

I am learning to love myself the way God loves me. I am setting boundaries without guilt. I am protecting my peace without apology. I am speaking truth with grace. I am becoming who God created me to be.

Freedom looks good on me.

BELOVED RISING *Where Codependents Find Their Voice*

www.belovedrising.org

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PRODUCTION NOTES

Print Recommendations:

- Use PrintNinja, MakePlayingCards.com, or BoardGameMaker for short runs
- Minimum order: 100-250 decks
- Cost per deck: \$8-15 depending on quantity
- Retail price: \$24.95-29.95

Marketing Ideas:

- "Never be speechless again when your boundaries are violated"
- "The courage you need is in your pocket"
- "52 ways to say what you mean without being mean"
- Perfect for counselors to give clients
- Church bookstore placement
- Bundle with Beloved Rising workbook

Social Media Launch:

- "Card of the Day" series
- User testimonials using scripts
- Before/after stories of boundary victories
- Video demonstrations of delivery techniques