

## **BELOVED RISING**

### **Boundary Scripts Deck: 52 Cards of What to Say**

#### **Your Pocket Guide to Speaking Truth with Grace**

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### **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*

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### **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*

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## **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*

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## **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*

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**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.

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## 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

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## 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

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### **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.

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### **BELOVED RISING** *Where Codependents Find Their Voice*

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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