

Boundary-Setting Script Guide

***Scenario: A friend keeps asking you to lend them money.**

"I care about you, but I have to set financial boundaries to maintain my own stability."

What boundaries are most difficult for you to maintain?

How do you feel after setting a boundary?

***Scenario: A friend keeps asking you to lend them money.**

"I'm choosing to stay sober, and I'd appreciate your support in that decision."

What boundaries are most difficult for you to maintain?

How do you feel after setting a boundary?
