

When You're Afraid Boundaries Will Push Her Away - Checklist

A quick reference for the moment before, during, and after a boundary conversation.

Before You Start

- ☐ Pick one boundary, not a list of grievances.
- ☐ Write down what you expect will happen, so you can check it against reality afterward.
- ☐ Choose a calm moment, not the middle of tension.

What To Watch For

- ☐ The urge to add three extra reasons behind your one no.
- ☐ The urge to apologize before you've even said the limit.
- ☐ Your own volume or tone rising as you speak.

What To Say

- ☐ "I can't take this one on right now. Can we figure out another way?"
- ☐ "I need this to change going forward."
- ☐ "I'm staying here to talk it through, even though this is hard to say."

What Not To Do

- ☐ Don't stack five justifications behind one limit.
- ☐ Don't apologize repeatedly before or after stating it.
- ☐ Don't bring it up mid-argument as a way to win.
- ☐ Don't wait months and deliver ten boundaries in one fight.

Repair Move

If it goes badly, don't take the boundary back to calm her down. Say, "I can see this hit hard for you, and I still mean what I said. Can we talk more tonight?"

Success Check

You can state a small no without over-explaining it, and she's starting to treat your yes as something she can fully trust.