

How to Set Boundaries That Draw Her Closer – Checklist

A quick reference for the moment right before you need to hold a limit.

Before You Start

- ☐ Name the boundary in one plain sentence before you open your mouth.
- ☐ Write down what you expect will happen, then check that prediction against what actually happens afterward.
- ☐ Pick a calm moment if you have one. If not, use the time-out script instead.

What To Watch For

- ☐ The flicker of irritation right before you agree to something you do not want to do.
- ☐ Your own urge to over-explain, which is usually a sign you are asking permission instead of stating a limit.

What To Say

- ☐ "That's not something I can take on right now."
- ☐ "I need twenty minutes, and then I want to keep talking. I'm not leaving this."
- ☐ "Like I said, that's not something I can do right now."

What Not To Do

- ☐ Do not build a longer explanation the second time you are asked.
- ☐ Do not go quiet as punishment instead of naming the limit out loud.
- ☐ Do not wait until you are furious to say the first honest sentence.

Repair Move

- ☐ If it goes badly, try: "I get why that sounds sudden. I should have said this a long time ago instead of resenting it quietly. I still want to hear you out."

Success Check

- ☐ She stops repeating the same request after you have said no once.
- ☐ You feel less resentment after ordinary, everyday requests.