
The "Pause and Protect" Script

Gentle phrases to buy yourself time when you feel pressured to say "Yes."

When the pressure is high, the "Thinking Brain" goes offline. Keep these gentle scripts nearby so you don't have to invent a boundary from scratch when you feel overwhelmed.

To Buy Time

"I need to check my calendar before I commit. I'll get back to you tomorrow."

"Let me sit with that for a bit. I will let you know by the end of the day."

"I am in the middle of something right now, but I hear you."

To Protect Your Capacity

"I don't have the capacity for that right now, but thank you for thinking of me."

"I can't take that on, but I am cheering you on from the sidelines."

My Go-To Phrase

If I can only remember one phrase to protect my peace today, it will be:
