

# Boundaries with Grace

## PHRASES TO KEEP ON HAND



1. "I can help you on Tuesday afternoon, but not tonight."
2. "I am not able to do that, but here's another option."
3. "I need to take care of my family right now. We can talk later."
4. "That's not possible for me, but I hear your concern."
5. "I will not continue this conversation if it becomes hurtful."

with love, Leslie