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## Welcome to the 5 Emergency Scripts for When Toxic In-Laws Cross the Line.

Hi, I'm Susan from Desiringpeace.com. Thank you so much for requesting this PDF of scripts to help with your toxic in-laws. I hope that you find it helpful and encouraging.

#### How to get the most out of this:

In the following pages, you'll find 5 scenarios that you may have encountered with your in-laws. Scenarios that feel like attempts to undermine you as your husband's wife, your children's parent, and as a person, in general! I get it.

These scenarios come from my nearly 3 decades of experience with toxic in-laws. Use the scripts as a guideline for how to respond when your in-laws push your buttons. There is no "right or wrong" answer. These are just suggestions to help respond with kind, but firm statements without sacrificing yourself in the process.



#### MEET THE AUTHOR

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Miriam Susan has spent nearly 3 decades shielding her husband, 6 children, and herself from unwanted behavior from her in-laws. She now uses her experience to help other Catholic wives compassionately use her signature framework to create a more harmonious marriage and family life.



# 5 Emergency Scripts for When Toxic In-Laws Cross the Line

#### Script #1: The "Boundary Reset"

When they overstep or make decisions about your family without asking

**What they say:** "We already booked the hotel for your vacation. You're staying an extra two days."

**Your response:** "I appreciate that you want to spend time with us. For future trips, please check with us first before making any arrangements. We'll need to adjust these plans to work with our schedule."

**Why it works:** You acknowledge their good intentions while firmly stating your boundary. No arguing about the past decision - just clear expectations going forward.

#### Script #2: The "Parenting Protection"

When they undermine your parenting in front of your children

What they say: "Oh, one cookie won't hurt. Mom's being too strict."

**Your response:** "I know you love [child's name]. In our house, we stick to the rules we've set. [Child], you can have a cookie after dinner like we discussed."

**Why it works:** You redirect to your child while calmly reasserting your authority. You don't attack the in-law, but you don't let them win either.

#### <u>Script #3: The "Guilt Trip Stopper"</u>

When they try to manipulate you with guilt

**What they say:** "I guess we just won't come to Christmas then, since nothing we do is right."

Your response: "Of course, we want you at Christmas. Let's figure out how to make this work for everyone." Or if you don't want to say "we want you", you can say "We're trying to figure out a way to make this work for everyone, but if you prefer not to come, we understand."





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**Why it works:** You refuse to take the bait of the guilt trip while staying focused on solutions. You're not chasing after them or apologizing for having boundaries while calling their bluff if they do want to participate.

#### Script #4: The "Criticism Deflector"

When they make passive-aggressive comments about your choices

**What they say:** "Well, I suppose store-bought is fine if you don't have time to bake."

**Your response:** "Thanks for understanding that we all have different ways of doing things."

**Why it works:** You treat their passive-aggressiveness as genuine understanding. This often stops them in their tracks because they can't argue with your gracious response.

#### Script #5: The "Rinse and Repeat"

When they keep pushing after you've already said no

What they say: "But why can't we just—"

Your response: "Like I mentioned, that won't work for our family."

Them: "I don't understand why you-"

You: "I hear that you're disappointed, and that won't work for our family."

Them: "But surely you could—"

You: "I understand this is frustrating, and that won't work for our family."

**Why it works:** You acknowledge their feelings but repeat your boundary without getting drawn into explanations or arguments. Eventually, they give up.

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#### **How to Use These Scripts**

#### **Before the Conversation:**

- Practice the script out loud (seriously it helps feel less scary!)
- Take a deep breath...or three
- Remind yourself: "I'm stating or protecting my family, not attacking them."



#### **During the Conversation:**

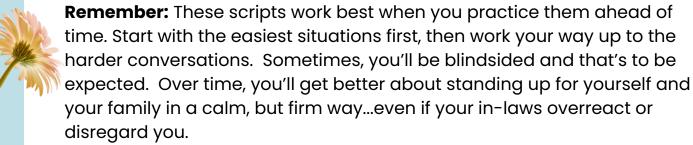
- Keep your voice calm and steady
- Make eye contact
- Don't over-explain your reasoning
- Stay curious about their response rather than defensive

#### **After the Conversation:**

- Don't replay it endlessly in your head
- Focus on the fact that you stood up for your family
- Remember: Their reaction is about them, not about you

#### **Important Reminders:**

- These scripts honor your role as wife and mother You're not being disrespectful; you're being responsible.
- You can say these with love Firm doesn't mean harsh. Boundaries can be set with kindness. I know it will probably feel harsh or mean, but if you say them without anger, their reaction is on them.
- You're protecting your family Including your marriage. Your husband may not see it now, but you're preserving peace for everyone.
- Biblical basis: Even Jesus set boundaries (Luke 4:28-30). Respecting others doesn't mean letting them disrespect you.





### **NOTES**

