

Serenity Now

FOUNDATIONS

*Healing Adult Victims of Childhood Abuse
- Survivor to Thriver*

DAILY BOUNDARY SCRIPTS

A TRAUMA INFORMED GUIDE
TO SAYING NO
WITHOUT GUILT



Contents

Why Boundaries Feel So Hard—Especially for Survivors.....	3
How to Use This Guide	3
Monday: The Soft “No” (With Kindness)	4
Tuesday: Reclaiming Your Time	4
Wednesday: Boundaries with Family	4
Thursday: Saying No at Work (Without Guilt)	5
Friday: Boundaries in Friendships.....	5
Saturday: Boundaries with Your Inner Critic	5
Sunday: Boundaries with Your Past.....	6
When They Push Back... ..	6
Tips to Regulate Your Nervous System When Boundaries Feel Unsafe	6
Final Note: Your “No” Is a Sacred Yes—to Yourself	7
◆ Need a deeper dive into trauma, boundaries, and nervous system safety?	7

Daily Boundary Scripts

A Trauma-Informed Guide to Saying No Without Guilt

by *Serenity Now Foundations*

Why Boundaries Feel So Hard—Especially for Survivors

If you're a survivor of childhood abuse, neglect, or chronic stress, setting boundaries might feel unsafe—even selfish. That's not because you're weak or incapable. It's because your nervous system was *wired* to equate “no” with rejection, abandonment, or even danger.

You may have learned early on that love had conditions. That your voice didn't matter. That saying “no” meant being punished—or ignored.

But here's the truth you didn't get back then:

Boundaries aren't walls. They're bridges to safer, healthier connection.

And they're essential to healing burnout, rebuilding self-trust, and reclaiming your peace.

This daily guide provides **ready-to-use, trauma-informed boundary scripts**—because sometimes the hardest part is finding the words.

How to Use This Guide

Each day, read one script aloud or copy it into your journal. These can be spoken, texted, written, or adapted to suit your voice. Over time, you'll train your nervous system to tolerate discomfort and trust your boundaries *won't break your world apart*.

Reminder: It's okay if saying these feels awkward at first. New patterns always do.

Monday: The Soft “No” (With Kindness)

“Thank you for thinking of me, but I’m not available for that.”

“That sounds lovely, but I need to rest today.”

“I appreciate the invitation. I won’t be able to join this time.”

Why it helps: This honors your capacity without over-explaining. Kind doesn’t mean compliant.

Tuesday: Reclaiming Your Time

“I can’t stay on the phone right now, but I’ll message you later.”

“My schedule is full, and I need to protect my energy this week.”

“I’m not taking on any new commitments right now.”

Pro Tip: Your time is not a public resource. You’re allowed to gatekeep it.

Wednesday: Boundaries with Family

“I’m not comfortable talking about that. Let’s change the subject.”

“I love you, and I need to end this conversation if it continues this way.”

“I know you mean well, but I make my own choices now.”

Affirmation: I can love someone and still protect myself from their behavior.

Thursday: Saying No at Work (Without Guilt)

“I won’t be able to take that on—I’m already at capacity.”

“Let me check my workload and get back to you.”

“I understand it’s urgent, but I’ll need to finish my current task first.”

Why it matters: Burnout recovery starts with boundaries at the source.

Friday: Boundaries in Friendships

“I’m not in a place to support others today. Can we talk another time?”

“I care about you, but I can’t take on that emotional load right now.”

“I need space this weekend to take care of myself.”

Reframe: True friendship allows space—not just service.

Saturday: Boundaries with Your Inner Critic

“It’s okay to say no. It doesn’t make me mean—it makes me honest.”

“I don’t owe anyone a justification for protecting my peace.”

“I’m allowed to have limits, even if they disappoint someone else.”

Mirror Work: Say these out loud while looking at yourself. Notice what feelings come up.

Sunday: Boundaries with Your Past

“Just because I tolerated it then doesn’t mean I have to now.”

“I forgive myself for times I didn’t speak up—I was surviving.”

“I’m not who I used to be. I make choices from healing, not fear.”

Healing Truth: Growth means no longer auditioning for the love you deserved all along.

When They Push Back...

Setting boundaries doesn’t guarantee others will like it. That’s okay.

Here are gentle scripts for when people push:

“I hear that you’re upset. My boundary still stands.”

“This is what I need to feel safe. I’m not asking for permission.”

“If you’re not able to respect this, I’ll need to take space.”

Red Flag Tip: If someone consistently punishes you for setting boundaries, that’s not love—it’s control.

Tips to Regulate Your Nervous System When Boundaries Feel Unsafe

Even small boundary-setting can trigger big responses inside. Use these tools to stay grounded:

- **Box breathing:** Inhale 4, hold 4, exhale 4, hold 4
 - **Butterfly hug:** Cross arms and tap shoulders slowly
 - **Cold water splash or ice cube in hand** to reset vagus nerve
 - **Repeat this mantra:** “It’s safe to protect myself now.”
-

Final Note: Your “No” Is a Sacred Yes—to Yourself

You weren't taught how to set boundaries, but that doesn't mean you can't learn.
You weren't allowed to say no, but that doesn't mean you don't deserve to now.

Every boundary you set is a vote for the life you're building—one where your needs matter.

Let this guide be your daily nudge back to truth, safety, and self-respect.

Need a deeper dive into trauma, boundaries, and nervous system safety?

Join our trauma recovery course: 7 Steps to Turn Your Demons Into Puppies

→ **Learn how to deactivate your survival responses using neuroplasticity**

🔗 **Explore the course** at <https://serenitynowfoundations.com/>

Copyright and Trademark Notice. All rights reserved. Unauthorized use, reproduction, or distribution of this document is prohibited.

Serenity Now Foundations and its logo are registered trademarks. All other trademarks are the property of their respective owners.

© 2025 Sugarwest Global Ltd. dba Serenity Now Foundations Institute
