

# How to Set a Boundary Without Issuing an Ultimatum

Use this when you need to protect yourself without threatening the relationship.

## The Script

I want to be clear about something that matters to me.

I am not trying to control you or force an outcome.

I need to name what I can and cannot stay present for.

This boundary is about taking care of myself, not punishing you.

## Important Reminders

- Boundaries protect connection
- Threats escalate fear
- Clarity is not cruelty

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