

SIMPLE SCRIPT TO HOLD YOUR POSITION OR BOUNDARY

I'll give you bullet points for both parts of the formula, then a sample conversation.

p. 1: background & explanation; p. 2: formula laid out with simple bullet points; sample conversation begins; p. 3: end of convo; all you can let go of as you hold this formula!

Background

This two-part formula shows you exactly how to hold your position when someone is trying to get you to do something else. It's simple and powerful. It holds a structure for you through an entire conversation with a convincer, or someone applying pressure tactics. It supports you to hold your boundary. That's entirely up to you, so **DO NOT** put what you do or don't do on their strong personality or how much they pressure you.

I extracted this formula from watching and hearing [Byron Katie](#) do role plays with people. I simply noted what she did and didn't do and saw the two-part sequence she didn't budge from. I've used it many times myself and given it to clients who've loved it.

Presence tactics to physically support you in this

Throughout the conversation, **ground yourself** (feel feet on ground, feel body on furniture, feel something you hold in your hands). As you listen and speak, **watch your breath and keep coming back to the breath**. This keeps you more centered and closer to the core of you, and it also physiologically supports calm.

Their job and your job: Both are so simple

Their job is to try to get you to do what they want you to do. Hey, we all manipulate, or try to get what we want from people. Leave them to it, and focus on your job.

Your job is to honor and hold your position that is counter to their want.

Following the two parts of the formula

All you do in the entire conversation, after they make each next convincing point, is to say two things, part 1 & 2 of the formula. Then they get to speak. You're in a position of power because they're all over the place to come at you from any direction that could work, while you're grounded in this two-part structure.

Two self-protective addendums

1. If anything they say sways you, make a mental note to review it later, away from them. **Do not even consider any good point during this talk.** Hold to your job!
2. Note that **the conversation is over** either when they let go or you end it because you've gone through that sequence as many times as you're willing!

The simple two-part formula

1. First, say something acknowledging, validating, or kind about them or what they've said.

- You could be right. [This one applies always! Repeat that if nothing else fits!]
- That may be.
- That's a valid point.
- I hear how much you care about our relationship (how much you value me).
- I appreciate that you want to spend time with me (want to have me in your life, want only the best for me).
- I can see why you'd feel that way. (I get why you'd see it that way.)
- I know what you mean—I've felt that way before.
- I understand why you'd want that.
- A lot of people would agree with you.

2. Repeat that you're holding your decision or boundary. (Note that it's possible to literally keep repeating the same sentence. For example, after you've given a fitting #1 statement, just repeat, "And I won't be joining you this year," or whatever it is.)

- I won't be joining you this year (I'll go if I'm the driver; I'm staying at a hotel; I won't pay for that; No, that doesn't fit my current budget; I'm not willing to play that role—whatever you want to assert).
- I feel clear about this.
- That doesn't change my mind.
- I'm doing what feels right to me.
- I feel solid with my choice.

Example situation

A strong personality in your family of origin wants you to go out with them to watch clowns gallivanting on the ice rink. No part of you wants to do that.

Convincer: We never get to do things like this together.

You: It's true that it's rare. I'm still sitting this one out.

C: Come on, be a sport. Mom gets sad when we don't act like a family.

Y: Yeah, good ole Mom really loves us. I won't be going to see clowns on ice.

C: This isn't about you, though. Don't be selfish.

Y: I can be, that's for sure. I'm still bent on having a quiet night.

C: It's not going to be the same without you. When do you get to see my kids have such a good time? They'll miss you!

Y: They're the best—I love being around them. And I'm not doing clowns.

C: I feel like you don't prioritize family. It's like family means nothing to you.

Y: That could be right. Tonight I'm definitely prioritizing quiet time on my own.

C: This just pisses me off. I wish you'd grow up and get over yourself.

Y: I've wished that about myself too. Hey, I'll see you in the morning.

This formula is brilliant as **it protects you from going in any number of directions that will not lead to peace, clarity, or love.**

Later, if you need to go deconstruct your thoughts about what the other said or soothe the feelings any of it brought up, you can do that. During the conversation, you're freed up by the structure.

There's so much that you're free of. Notice some things you don't have to do.

- You don't need to defend.
- You don't need to show them the errors in their perception.
- You don't need to talk them into accepting or understanding your position.
- You don't need to get them on the same page with you.
- You don't need to give them reasons or explanations.
- You don't need to respond to the content of anything they say!
- You don't need to tell them anything about them, unless it's something kind that's part of the validating comment.
- You don't need to comment on their tone or volume.
- You don't need to point out their judgments, unkindness, or any wrong.
- You're free to ignore subtext.

Note that doing any of the above things would get you into predictable discussion loops and easily lead to fighting or feeling more frustrated, misunderstood, pressured, victimized, and so on. You'd also like yourself less and disconnect from yourself.

This conversation is so self-honoring and contains no defense, attack, or unkindness toward another. It simply allows you to hold a boundary, kindly and powerfully. **It boils down to: *Your point of view is just fine, and I'm holding mine.***

Need further support for understanding and holding boundaries? [See Kelli Younglove's amazing online self-study course on Creating the Container of You.](#)