

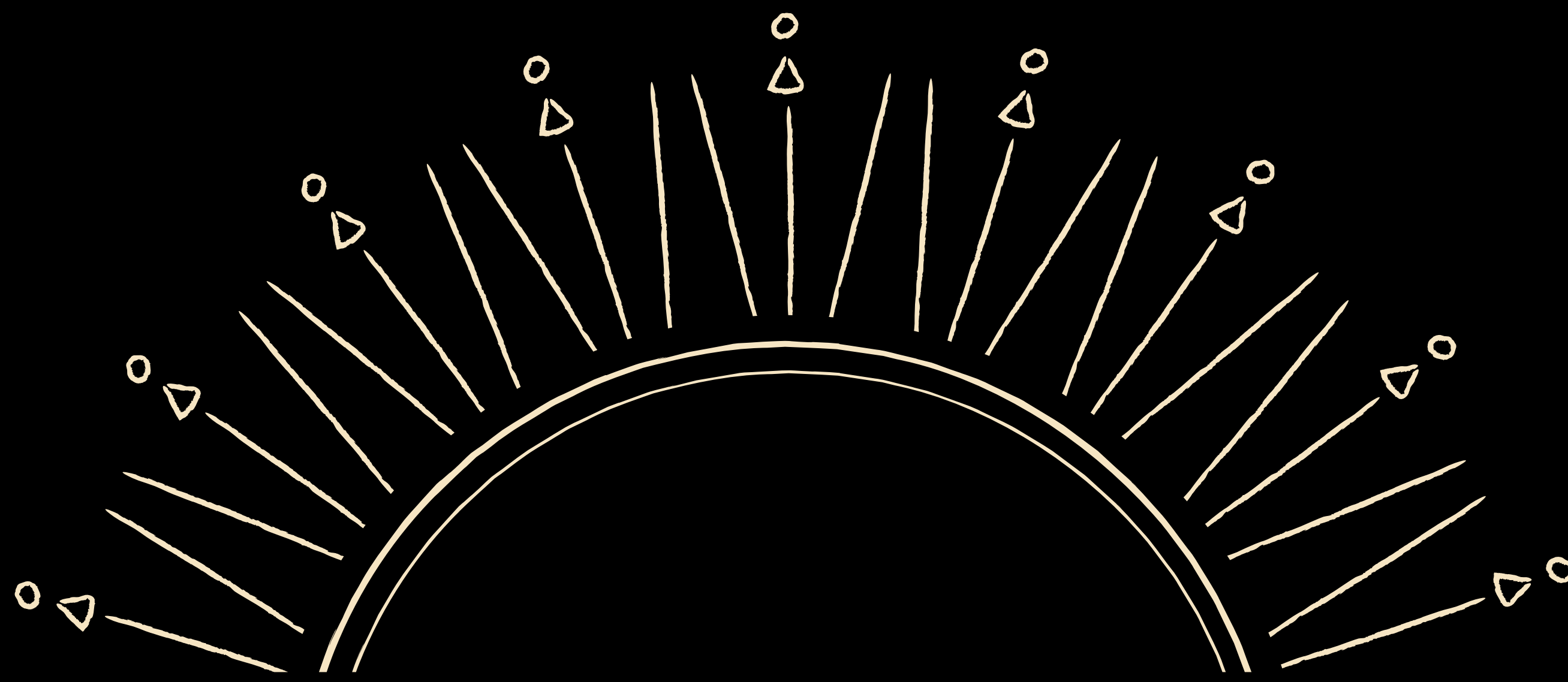
# Body Confidence

## *Boundary Setting*



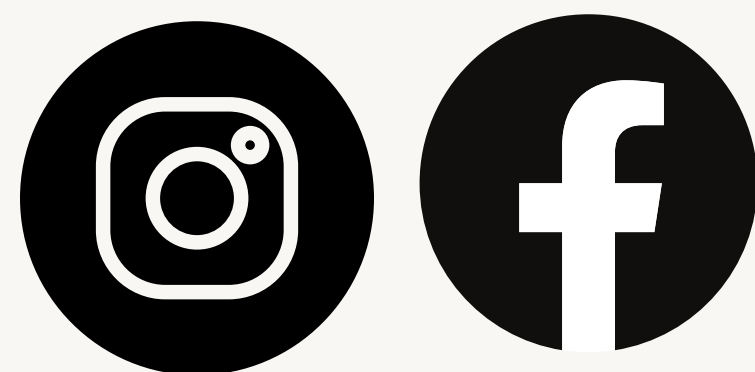
# Scripts & Workbook

created by *Melissa Smith & Gabby Jockers*



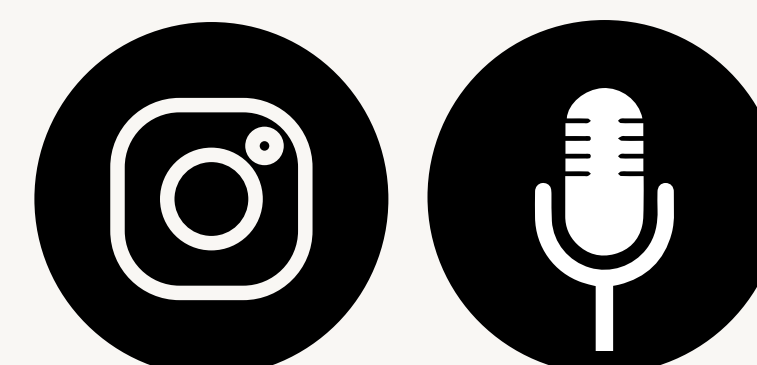
**GABBY** BOUDOIR PHOTOGRAPHER

I feel confident in my boundaries and myself through yoga & mindfulness, exploring my inner world, and discovering my WHY. I'm all about empowering other women to get embodied and feel more confident!



**MELISSA** ED DIETITIAN & PODCASTER

Gained confidence, clarity, and connection through food freedom, body acceptance and following my intuition. From ED to Advocate! I help my clients live in authenticity, confidence, body harmony, and joyful health.





# WHY BOUNDARIES ROCK

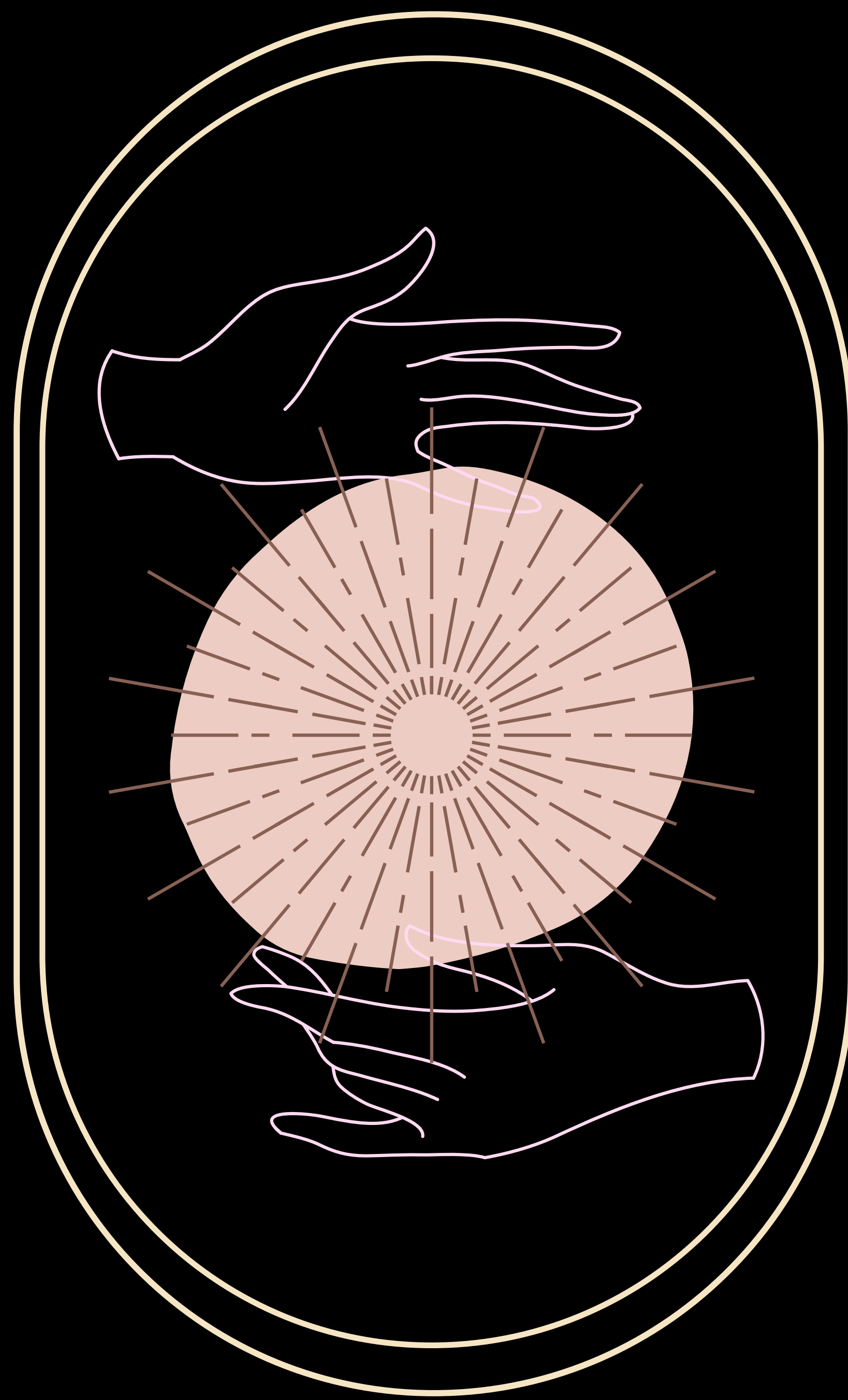
Weak boundaries are a sign of low awareness of your own needs. Not setting healthy boundaries is usually related to a lack of awareness in personal needs, low self-esteem, needing approval/validation from others, fear of judgement or rejection, or a learned helplessness that was cultivated in home life. You can always reparent yourself and it is never too late to set healthy boundaries!

Weak boundaries might show up as:

- being in a constant state of comparison mode
- have difficulty saying no to requests - feeling guilty if you do say no
- getting overly involved with other people's problems
- have a hard time asking for help or making requests even of friends/family
- taking on more than you would like to/can handle
- not speaking up when you are treated poorly - tolerating disrespect or abuse
- word vomiting & oversharing personal information (why did I say that?!)
- avoid intimacy and close relationships
- distance yourself to avoid rejection - may seem detached

Healthy boundaries on the other hand look like:

- a sense of strong internal validation and confidence
- appreciating your own opinion and not compromising on your values
- trusting and believing yourself (keeping your word)
- making your needs as important as others' needs
- saying no without guilt
- letting your 'no' mean 'no' and your 'yes' mean 'yes'
- sharing personal information appropriately
- being accepting other people's boundaries



# HOW TO SET BOUNDARIES

Setting boundaries can be difficult - especially if the person you're trying to make a boundary with is the closest to you (like your mom or best friend). This guide gives you some examples of scenarios where you might want to set a boundary and different responses you may want to respond with.

Most of these scripts can be used in the moment your boundaries are pushed, but if you freeze up in the moment, don't worry! You can also send these scripts to someone in a text, email, voicemail, or call.

YOU ALWAYS HAVE

# CHOICES

Boundaries are SO important, but those of us who freeze at confrontation or default to people pleasing have a hard time enforcing boundaries. Some of us simply have no idea what to even say!

We compiled these short, simple scripts you can use when it happens to you - someone makes a comment on what you're eating or what you chose to wear. With these scripts it will be easy to politely, respectfully shut down the comments and redirect the conversation.

## To use these scripts, try the following steps:

- Memorize and practice 1-2 lines for each scenario you might encounter. Use the ones that work best for you! Do NOT try to memorize them all - you're likely to remember none of them when you need them!
- When setting the boundary, be calm and firm, both with your voice and body language.
- Don't add filler words or giggle/laugh. People may have a hard time knowing if you're serious. Deliver the script in a matter-of-fact way.

# BOUNDARY SCRIPTS

## *SCENARIOS*

## *POSSIBLE RESPONSES*

People making comments on your body

- “My body is not going to be the topic of conversation.”
- “I’m actually switching my focus to lifestyle habits and health instead of the number on the scale.”
- “I’m not talking about this anymore.”
- “If you keep talking about my body, I will be leaving.”

People making comments on what you’re eating

- “I’m glad your lifestyle habits work for you, but it actually doesn’t work for me. Can you respect that for me?”
- “I’m happy to talk more about Intuitive Eating with you since I don’t do diets.”
- “I’d like to make the table a ‘don’t talk about what everyone’s eating’ zone.”
- “Hey, I like to enjoy what I eat and the comments you make about my food don’t allow me to do so. Please stop.”

# BOUNDARY SCRIPTS

## *SCENARIOS*

## *POSSIBLE RESPONSES*

To family  
or friends

- “I want to enjoy my time with you, but all the comments about my body make it hard for me to do that. Please, let's take body talk off the table.”
- “My weight and my looks don’t define me and my life. I am comfortable in my own skin and you need to respect that and not make comments about my body.”
- “Your comments about my body do not actually help me but rather discourage me. Please stop.”
- “The way my body looks does not define my overall health status. My health is between me and my doctor. Please respect that and stop the comments.”

To strangers or  
acquaintances  
you don’t see  
often

- In this scenario, walking away or not putting yourself in situations where you would see them would be easiest
- If you want to set a boundary with them, use any of the quotes from the other categories

# BOUNDARY SCRIPTS

## *SCENARIOS*

## *POSSIBLE RESPONSES*

To family,  
friends or  
acquaintances'  
rude  
commentss

“Are you really going to eat all that?”

→ “Yes, because I listen to my body’s needs. Your comments on the amount of food I’m eating are rude and I need you to stop making them for me.”

“Stop eating, you’re going to roll on out of here.”

→ “Those comments are really hurtful. I love my body, regardless of how I look.”

“I’m just telling you these things because I love you and I’m your family/friend.”

→ “Your comments on my body are not okay. If you do love me, please respect my boundary on telling you to not comment on my body, weight, or anything related.

“Chill out, it was just a joke.”

→ “Your ‘jokes’ aren’t funny and you need to find something else to laugh at because I am not your punching bag.”



# BOUNDARY SCRIPTS

## *SCENARIOS*

## *POSSIBLE RESPONSES*

To healthcare providers

- “Hey Dr. \_\_, I’d appreciate it if you could focus on me and my condition, not the weight from the scale. My (insert symptoms) are real and I’m asking you to diagnose & treat me like you would a smaller patient.”
- If the Dr doesn't want to test you: "Please note in my chart that you decided not to test me despite my request and symptoms."

Bonus!  
Time  
boundaires

- “I’m actually busy at that time, can we find another time that works for us?”
- “I want to talk about (the subject) but don’t have time at the moment. Can we set aside a time that works for us to discuss (the subject)?”
- (Someone is asking for your services while you’re not working) “Yes, we can definitely talk about that at another time. If you are serious about this, my hourly rate is...”

# BOUNDARY SCRIPTS

## *SCENARIOS*

## *POSSIBLE RESPONSES*

Sexual  
boundaries

- “Do you want to have sex now/tonight?”
- “Are you comfortable with this?”
- “I want to try something new, would you be comfortable with trying it?”
- “Let’s cuddle tonight instead of sex.”
- “What do you like and don’t like during sex?”
- “Oooh, that’s not really something I’m liking. Let’s do something else.”

In all  
scenarios

- If you can walk away, DO IT!
- If you can’t, change the subject.
- Unfollow social media accounts that make you feel bad about yourself
- End relationships that make you feel less than what you are worth

## WHAT TO EXPECT

When you're setting boundaries, it's not always going to be met with a positive response. While most people will respect your boundaries that you set and want to abide by them, others will take it personally and be offended. They may think you're attacking them or their character and others might double down on their comments.

Just remember - the ones you want in your life are the ones who appreciate knowing or asking about your boundaries, and respecting them. Remember, it's not selfish to establish boundaries with the people around you!

Thankfully, there are also people out there who appreciate knowing your boundaries! Some people have a harder time picking up on social cues, so communicating boundaries with clear and precise language is a favor toward both of you.

## HOW TO HANDLE PUSHBACK

If the person you're setting the boundary with is pushing back negatively, you should first repeat your boundary. If this doesn't work, change the subject to a neutral topic that the other person would be responsive to.

As a last resort, walk away from the person and remove yourself from that situation. This may be an indication to spend less time with that person who doesn't respect your boundaries. A person who loves you should be able to empathize and want to respect you and your boundaries.

*COMMITMENT TO  
MINDFULNESS &  
FLEXIBLE CHANGE*



# *ROUTINE ATTUNEMENT*

Now that you have plenty of ideas of how you can handle difficult comments, conversations or confrontations. Let's continue to explore ways to prioritize cultivating your healthy boundaries with regular self-care practices and healthy forms of coping with difficult emotional moments.

Check out the Self-Care Inventory & the Healthy Coping Checklist on the next two pages. Routine attunement to your needs, your self-care, and your boundary setting is how you optimize your wellbeing. Without a regular check-in, life and other people's needs are sure to lead you to major burn out, bitterness, frustration, anxiety, and resentment.

Check in however it suits you. We typically conduct a weekly checkin and recommend a monthly check in at a minimum.

# Self Care INVENTORY

*MARK THE THINGS THAT FEEL GOOD & YOU WANT TO INCORPORATE*

TIP! ASK YOURSELF: WHAT AM I FEELING? WHAT DO I NEED? HOW CAN I MEET MY NEEDS TODAY AND THIS NEXT WEEK?

- TRY SOMETHING NEW
- GO ON A NATURE WALK
- MEDITATE
- MAKE A VISION BOARD
- CONNECT WITH FRIENDS
- DO SOMETHING CREATIVE
- HAVE A LONG NAP
- CELEBRATE YOUR WINS
- PRACTICE DEEP BREATHING
- TAKE YOUR MEDICATION
- PLAN A FUN DAY OUT
- CALL A FAMILY MEMBER
- WRITE IN A JOURNAL
- LISTEN TO A PODCAST
- COOK YOUR FAV FOOD
- LIGHT A CANDLE
- GET ORGANIZED
- COMPLIMENT SOMEONE
- DANCE TO MUSIC
- EAT NOURISHING FOOD
- MOVE JOYFULLY
- TAKE A BREAK
- BUY SOMETHING GOOD
- READ A BOOK
- SAY YES TO SOMETHING FUN
- CUDDLE A PET
- DECLUTTER YOUR SPACE
- FOLLOW YOUR INTUITION

# HEALTHY COPING CHECKLIST

SHARE THE THINGS THAT A PERSON CAN DO TO HELP YOU

WHAT WILL HELP ME	YES	NO
LISTEN WITHOUT TALKING		
REMIND ME I AM SAFE AND THIS WILL PASS		
HELP ME FIND WAYS TO RELAX		
TRY TO MAKE ME LAUGH OR SMILE		
TRY TO DISTRACT ME		
HELP ME CONTROL MY BREATHING		
TALK TO ME CALMLY		
HELP ME CHANGE MY THOUGHTS		
STAY CLOSE TO ME		
GIVE ME IDEAS OF COPING SKILLS TO USE		
GIVE ME TIME AND SPACE		
TELL ME HOW YOU WOULD COPE WITH IT		
WORDS OF ENCOURAGEMENT/PRAISE		
HOLD ME OR PUT YOUR ARM AROUND ME		
HELP ME SOLVE MY PROBLEM		