

— WORKING TOOL • CHOOSE

Boundary scripts *that hold.*

Six sentences for the moments the load tries to land on you by default. Say them plainly, once, without a case attached.

01 · Delay

"I'll come back to you by Thursday."

A boundary on timing is still a boundary. It converts an ambush into a decision you make with your prefrontal cortex online.

02 · Decline

"I'm not able to take that on this term."

No explanation attached. Reasons invite negotiation; a reason named invites respect.

03 · Delegate

"That one's with you — you'll do it well."

Handing over the task and the tracking of the task. Redistribution fails when you keep the monitoring.

04 · Renegotiate

"When I said yes, this looked different. Let's re-scope it."

Agreements are allowed to be revisited when the facts change — that is judgement, not flakiness.

05 · Protect recovery

"That time is committed."

It is — to the maintenance of the person everything else depends on. Recovery is infrastructure, not indulgence.

06 · Exit gracefully

"I'm going to leave it there for tonight."

Endings are allowed to be decided, not just reached. Choose the stopping point before depletion chooses it for you.

WHY SCRIPTS WORK

Under load, the words are the hardest part to find in the moment. Deciding them in advance moves the boundary from willpower to architecture — Centre first, then the sentence.