

Boundary Scripts That Work When Your Brain Goes Blank

Soul Spirit Rituals | Bahar Sahin

THE PROBLEM

You know what you want to say. But in the moment, nothing comes out.

Your brain goes blank. Your throat tightens. And by the time you find words, you've already caved, over-explained, or left feeling like you lost.

WHY IT HAPPENS

From a criminal psychology lens: your nervous system registers boundary moments as threat. Before your conscious mind catches up, your body has already defaulted to freeze, fawn, or flight.

You have roughly 3 seconds before the old pattern takes over. That's why 'just be assertive' doesn't work. You need a script short enough that your body can access it even when your brain is offline.

THE 3 SCRIPTS

Pre-load one. Say it out loud 3x before the situation. Your nervous system obeys repetition.

SCRIPT 1: The Shutdown

When they demand an explanation

"That doesn't work for me."

No reason. No softening. The period is the power.

SCRIPT 2: The Broken Record

When they push back or argue

"I hear you. My answer stays the same."

Repeat as many times as needed. Same tone. No new information.

SCRIPT 3: The Exit

When you need to leave without debate

"I'm going to step away now."

Then leave. No pause for their response. Movement breaks the loop.

WHAT THESE SCRIPTS DON'T COVER

- The guilt spiral that hits 10 minutes after you hold the boundary
- Why you over-explain (and how to stop mid-sentence)
- How to regulate your nervous system when you're already flooded
- Scripts for specific scenarios: family, work, relationships, strangers
- How to hold the line when they use tears, anger, or silence against you

The Boundary Reclamation Guide covers all of it.

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