CHEAT SHEET · THE CHRISTIE HOFFMAN SHOW

BOUNDARIES, IN HER WORDS.

The if-then format, JADE, gray rock and a few scripts, all from Christie's podcast. Ep. numbers are the episode each phrase comes from.

1. A BOUNDARY IS IF-THEN

"Please stop" is a request. A boundary says what **you** will do if the behavior continues, and then you follow through. Christie: the most important part is following through.

> "If you continue to yell at me, then I will leave and go home." EP. 17

> "If you make fun of my weight, then I'm gonna go home." EP. 24

> "If you bring up mom, then I need to get off the phone." EP. 24

Use the shape: **If you [behavior], then I will [what I do].**

2. JADE: DON'T

Don't **J**ustify, **A**rgue, **D**efend or **E**xplain. Christie says that's how people who aren't acting in good faith suck you in, and that over-explaining is a form of begging. EP. 14 EP. 27

Say less. Then stop talking.

3. GRAY ROCK

Be as interesting as a gray rock. Answer the question and take it no further, so there's nothing to react to. EP. 27

> "I've made other plans."

> "I gotta go."

4. WORDS TO USE

IN THE MOMENT

> "I don't prefer that. Can you please fix that?" EP. 17

> When someone says something nasty: "Did you mean to say that out loud?" or "What do you mean?" and let them tell on themselves. EP. 20

A HOLIDAY HEADS-UP

> "I just wanted to let you know I've made different plans for this year for the holidays." You don't have to say what they are. EP. 27

A FINAL MESSAGE, KEPT BRIEF AND KIND

> "Thank you for being in my life." "I will always cherish the memories we had." "I'm gonna go my own way now, and I wish you the best." "If you contact me, I won't respond." EP. 24

5. WHAT A REAL REPAIR SOUNDS LIKE

Christie's four steps for when someone has hurt you and wants to make it right:

1. **Listen.** They hear you without interrupting.
2. **Own it.** They say specifically what they did.
3. **Vow to do better.** They say what they'll do differently.
4. **Evolve.** You see the behavior change.

If you only get words, she calls it lip service. EP. 16

Educational, not therapy. Christie is not a therapist, and boundaries can be harder to hold when a situation isn't safe. If you are in danger, contact your local emergency services.

christiehoffman.com/resources/
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