

Common Boundary-Setting Conversation

Conversation with a husband and husband.

Mike: Hi John, are you free to talk today for about an hour, about what happened yesterday when we talked?

John: Yes Mike, I am free.

Mike: Great, how about 4pm?

John: Yes.

Mike: Great.

--- 4pm ---

Mike: Hi John

John: Hi Mike

Mike: My intention for this talk is for us to get closer and for both of us to be heard and feel connected.

John: My intention is to hear you out and get closer to you and feel connected.

Mike: Yesterday, when you were talking, you started to yell at me. I felt sad and hurt by how you spoke to me. I want to ask that you speak to me with respect and kindness.

John: I am sorry I will do my best to speak to you with respect.

Mike: Thank you. Just so I can honor myself. I want to place a consequence here if it happens again. If you start to yell at me, I will walk away and end the conversation, and open to having the conversation again at a later time when you are feeling calm.

John: But why do you need a consequence? I won't speak to you that way again.

Mike: I understand it might seem awkward for me to set a boundary, but I think it will serve me best, to take care of myself and that you now know that I will honor myself and take care of myself if you aren't able to speak to me calmly.

John: Okay, I guess. This is a bit hard to take, but thank you for telling me.

Mike: You are welcome. Thank you for having this conversation with me.

John: You are welcome.

Mike: I love you.

John: I love you.

