



HEALTHCARE BOUNDARY-SETTING PHRASES

WHEN FEELING RUSHED OR PRESSURED

"I need a moment to process what you've told me before we continue."

"Could we slow down a bit? I want to make sure I understand."

"I'd like some time to think about this before making a decision."

Use these when you feel overwhelmed or pushed to decide quickly

SETTING PHYSICAL BOUNDARIES

"Could you let me know before you touch me? It helps me stay comfortable."

"I'd prefer to sit up for this conversation if that's okay."

"Is it necessary for me to undress completely, or can I keep some clothes on?"

Protecting your physical comfort and dignity

REQUESTING CLARITY & RESPECT

"Help me understand how that information relates to my concern."

"Could you explain that in simpler terms? I want to make sure I understand."

"What specific criteria would warrant the testing I'm requesting?"

When you need more information or clearer explanations

PROTECTING PERSONAL INFORMATION

"I'd prefer not to discuss that topic during today's visit."

"That's quite personal. I need to think about whether I'm comfortable sharing that."

"Can you help me understand why you need that information?"

When questions feel too invasive or irrelevant

REDIRECTING THE CONVERSATION

"What I'm really hoping to address today is [your specific concern]."

"Can we focus on [your priority] first?"

"I'd like to return to discussing my main symptoms."

Getting back on track when conversations drift

WHEN FEELING DISMISSED

"I don't feel like my concerns are being heard. Can we discuss this more thoroughly?"

"Please document in my chart that I requested further evaluation."

"I need you to take my symptoms seriously."

Advocating when you feel invalidated or dismissed

REMEMBER

You don't have to be perfect with these phrases. The goal is communication, not performance. Good providers will respect your boundaries and appreciate clear communication.

IF YOU FEEL UNSAFE

"I need to step outside for a moment" • "I'd like to reschedule this appointment" • "Can I have someone join this conversation?"