

# Boundaries After Loss

*Simple scripts for saying no, asking for space, and protecting your energy without explaining everything.*

After a loss, people may want to visit, ask questions, invite you places, talk about details, offer opinions, or stay longer than you have the energy for. Most of them probably mean well, but even kind attention can feel like too much when grief has already taken up all the room.

This guide gives you simple words for setting boundaries without turning every answer into a full explanation. You are allowed to decline invitations, end conversations, ask for quiet, limit visitors, and say no to things that feel too heavy right now. A boundary does not have to be harsh to be clear.



## When You Need to Decline an Invitation

- “Thank you for inviting me. I’m not up for that right now.”
- “I appreciate being included, but I’m going to stay home this time.”
- “I’m not ready for gatherings yet, but please keep asking.”



## When You Need to Leave Early

- “I’m glad I came, but I need to head home now.”
- “My energy is running low, so I’m going to leave before I’m completely done in.”
- “I’m going to slip out. Thank you for understanding.”



## When You Need to End a Conversation

- “I can’t talk about this right now.”
- “I appreciate you caring, but I need to stop here.”
- “I’m going to take a break from this conversation.”



### When Visitors Want to Come Over

- “I don’t really know how to answer that today.”
- “I’m tired, but I’m trying.”
- “I may need some quiet, but I’m glad to be with you.”



### When You Are with a Close Friend

- “Today is not a good day for visitors.”
- “I’m keeping things quiet right now, but thank you for wanting to come by.”
- “If you’d like to drop something off, please leave it by the door.”



### When Someone Asks Too Many Questions

- “I’m not ready to talk about the details.”
- “I’m keeping that private for now.”
- “I know you care, but I don’t have the energy to explain it today.”



### When You Need Practical Help Instead of Company

- “I’m not up for visiting, but help with groceries would mean a lot.”
- “I don’t have energy to talk, but taking the trash cans out would help.”
- “I could use help with a task more than a conversation today.”



### When You Need Space from Advice

- “I know you’re trying to help. I’m not looking for advice right now.”
- “I just need someone to listen.”
- “I’m making decisions slowly, and I need room to do that.”



## A Gentle Reminder

You do not have to make grief comfortable for everyone else. You are allowed to protect your time, your home, your energy, and your heart. A simple no is still a complete answer, even when your voice shakes a little.