

Boundaries sound like:

mellow doodles



I will end this phone call if you continue to shout at me.



I need time to think about it. I'll come back to you.



I can stay for half an hour.



I don't respond to work emails at the weekend.



Thank you for your offer, unfortunately I can't make it.



I'm not comfortable with that. If you do it again I will have to leave.



I'm not comfortable discussing that. Please do not discuss it with me.



I respect your opinion but this is my life and my decision.