

# Discipline vs Dignity

Boundaries without shame

*Hold the boundary. Protect the dignity.*

## Page 1: Decide the moment

### 1) Spot it

What am I trying to protect right now? (tick)

- |                                  |                                     |                                   |
|----------------------------------|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> safety  | <input type="checkbox"/> regulation | <input type="checkbox"/> learning |
| <input type="checkbox"/> respect | <input type="checkbox"/> structure  | <input type="checkbox"/> others   |

### 2) Check it

Is this a meltdown... or a boundary moment?

- Meltdown / overwhelmed → safety + help first
- Boundary moment → calm boundary + support to meet it
- Not sure → start with safety, return to boundary once calm

**Will they feel safer after I speak?**

- yes                       no                       depends on my tone

### Nervous system check (me)

*If I'm speeding up — slow down by 10% before I speak.*

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## Page 2: Hold the boundary with dignity

### Boundary script

Use this structure — calm voice, steady pace:

“I won’t let \_\_\_\_\_.

You can \_\_\_\_\_.

I’ll help by \_\_\_\_\_.”

### Giving space (supportive, not abandoning)

Space works best with:

- a safe place
- a clear check-in time
- a clear return point

#### Example

“I’m giving you space to reset. I’m still here.

I’ll check back in \_\_\_ minutes. Then we return to the expectation.”

### Repair (if the tone escalated)

“That came out harsher than I meant. I’m sorry. Let’s reset.”

**Dignity doesn’t remove boundaries — it changes how we hold them.**