

Before You Read These...

If saying these words feels uncomfortable, you're not doing it wrong.

▶ You're doing something different.

People who care deeply often worry that setting boundaries means becoming cold, selfish, or uncaring.

▶ It doesn't.

A boundary isn't something you do to another person.

▶ It's something you do for yourself—and ultimately, for the relationship.

Boundaries create clarity.

▶ Clarity creates trust.

And trust allows relationships to become healthier.

▶ You don't have to become less kind.

*You simply
have to
become clearer.*



When Someone Won't Accept Your Answer

▶ Someone repeatedly crosses your boundary

"I've shared what I need, and I need you to respect it. If that isn't possible, I'll need to change how I'm participating."

▶ Someone guilt trips you

"I understand you're disappointed. My answer is still no."

▶ Someone pressures you

"Just because something is important to you doesn't mean it has to become my responsibility."

▶ Someone keeps asking after you've already answered

"I know this isn't the answer you were hoping for. My answer hasn't changed."

▶ Someone pushes after you've said no

"I don't have anything else to add. My answer is still no."

When You Need to Protect Your Time and Energy

▶ Someone keeps venting when you don't have the emotional energy

"I care about you, and I also want to be honest about my capacity. I don't have the emotional energy for this conversation right now."

▶ You need space

"I need some time to think before we continue this conversation."

▶ Someone interrupts your work

"I'm in the middle of something right now. Can we reconnect later today?"

▶ Work expectations keep expanding

"I'd be happy to help. Can you help me understand which priority you'd like me to move aside to make room for this?"

▶ Someone expects constant availability

"I won't always be able to respond right away. If you don't hear back immediately, it simply means I'm taking care of other responsibilities"



When You Need to Say No

▶ Someone asks too much of your time

"I appreciate you thinking of me. I'm not able to take that on right now, and I need to honor my current commitments."

▶ Someone repeatedly asks for favors

"I've realized I've been saying yes more often than I realistically can. I need to be more thoughtful about my commitments."

▶ Family expects too much

"I love you, and I'm not able to do that."

▶ Someone asks you to do something you simply don't want to do

"Thank you for thinking of me. I'm going to pass."

When You're Carrying Something That Isn't Yours

▶ Someone expects you to rescue them

"I believe you'll figure this out. I care about you, but I can't solve this for you."

▶ Someone makes their priority your responsibility

"Just because something is important to you doesn't mean it has to become my responsibility."

▶ Someone makes you responsible for their feelings

"I care how you feel, but I can't take responsibility for how you respond to my decision."

When You Need to Protect Yourself or the Relationship

▶ You aren't ready to answer

"I'd like to think about that before I respond. I'll let you know." (*Remember, "No for 48!"*)

▶ Someone wants information you don't want to share

"I know you'd like more information. I'm not comfortable sharing the details."

▶ Someone repeatedly cancels or disrespects your time

"I've noticed this has happened several times. My time is important, too. Let's reconnect when we're both able to commit to a plan"

▶ Someone is disrespectful

"I'm happy to continue this conversation when we're both able to speak respectfully."



Remember...

People may be disappointed. They may not understand. They may even wish your answers were different.

▶ *That doesn't automatically mean you've done something wrong.*

Someone else's disappointment is information.

▶ *It is not an emergency.*

*You can care deeply
without losing yourself.*

**Need Help
Finding the
Right Words?
Text me at
585-501-2331**

