PRACTISE / RESOURCE 08

Saying No and Setting a Boundary

State a limit and plan what you will do if pressure continues.

Name / reference: _____ Date: _____

A request asks someone to do something. A boundary states your limit and, where needed, the action you will take. Keep that action within your control and appropriate to the situation. You can offer an alternative if you want to, but it is not required. An apology may be appropriate for harm; having a need does not itself require one.

WORKED EXAMPLE

Request: "Please lower your voice." Boundary: "If the shouting continues, I will pause this call." Declining a task: "I am not available this weekend." If pressed: "I understand this matters. I am still not available." Choose a safer approach if ending the conversation could increase risk.

START HERE

What am I being asked to do, or what behaviour concerns me?

What is my actual capacity or limit?

My brief no or boundary statement:

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A HELPFUL REMINDER

A boundary is not a threat to control someone. Plan a realistic action you are prepared and able to take.

PRACTISE IN YOUR OWN WORDS

An alternative I want to offer, if any:

If pressed, my respectful repeat of the limit:

If needed, what action can I take within my control?

What context, safety or practical issues affect this plan?

How will I support myself if I feel guilt or discomfort afterwards?