

Working on Personal Boundries

Setting boundaries can be tough for some of us. Saying "NO" even when we want to can be challenging. Try to honestly answer the examples below to help you in the future next time you are struggling to set a boundary!

1 You're getting ready to leave the office, but a co-worker has just asked if you can take on one of their projects due tonight. You are exhausted and want to go home, but you want to feel like a team player. Instead of saying yes, what else can you say?

2 A friend calls you while you're home and resting. You finally have time to yourself, but your friend wants you to go to this party that came up at the last minute. You're tired and need rest, but you feel bad saying no. What else can you say to your friend?

3 Your partner wants to play a card game with you, but you don't feel like it and don't like it when they get too competitive because it always leads to an argument. You'd rather read and go to bed early. How can you express the way you feel and say no?