WORKSHEET **What I'll Do When They Push**

The person and the request: _____

The no I'll say: _____

My "bless you" line: _____

The pushback I expect (tick any):

- ☐ Sigh
- ☐ Second ask
- ☐ Pile-on
- ☐ "But you always…"
- ☐ Silence
- ☐ Bargain
- ☐ "What's gotten into you?"
- ☐ "After all I've done…"

My broken-record sentence: _____

My line for ending the topic: _____

- ☐ I'll keep my voice level and my words almost the same.
- ☐ I won't add new reasons or a bigger excuse.
- ☐ I'll let silence sit for five seconds before I speak.
- ☐ If I feel the grab, I'll name it to myself and wait.
- ☐ I won't send a "Sorry again!" message later.

How it went: _____

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