WORKSHEET **Boundary Planner**

Choose one request you know is coming, or one you keep saying yes to. Plan your answer before you need it.

The situation: _____

Who usually asks: _____

What a yes costs me (time, money, energy, mood): _____

My pause line: _____

My rung (tick one):
☐ Rung 1: Not this time
☐ Rung 2: Here's what I can do
☐ Rung 3: No

My script, in my own words: _____

If they push, I'll say: _____

When the guilt alarm goes off, I'll tell her: _____

What I'll do for her with the time I protect: _____

After you've used it, come back and note what happened: _____

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