



Saying "No"

Boundaries "Classic"

Boundaries Hub Activities

Journal Prompts

- What are my top five core values? How do my values influence the boundaries I wish to set?
- What are my top priorities and why?
- What unspoken expectations have I been carrying out in my family, my friendships, and my place of work?

Guided Meditation

- Mountain Meditation

Blog

- Saying "No" to Say "Yes"



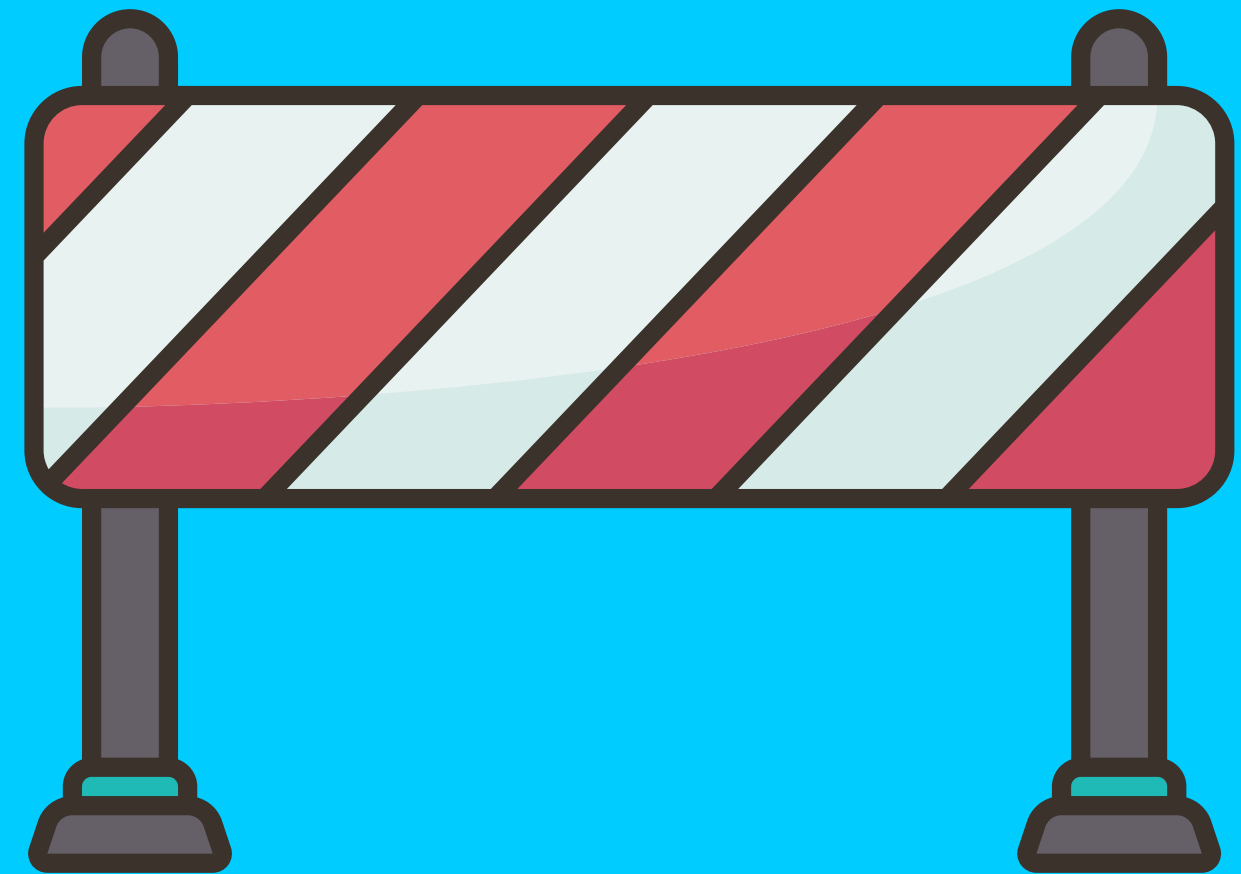
Types of Boundaries

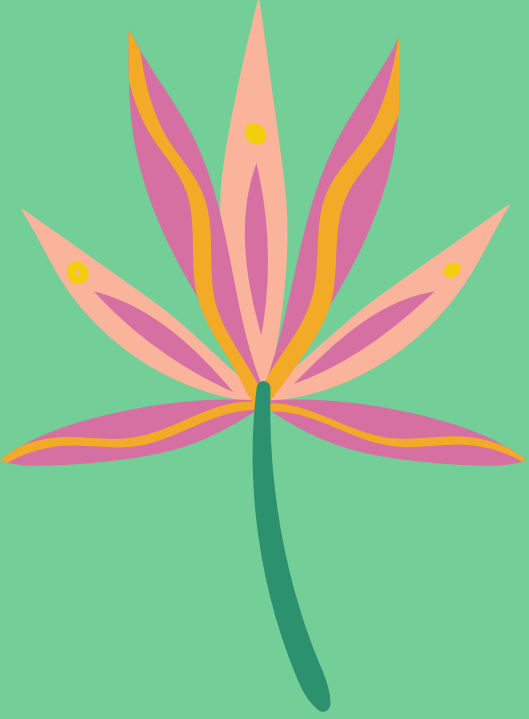
Saying "no"

- Requests
- Expectations
- Inquiries
- Speech
- Behaviors

Asking for more

- Help
- Emotional and physical needs
- Resources





**Boundaries are about saying
"no" so you can say "yes" to
what's really important.**



Ways to Say "No"



01

Requests

02

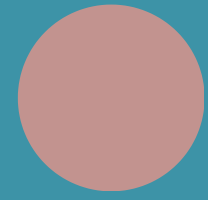
Expectations

03

Inquiries

04

Behaviors



How they show up

- Invitations
- Work offers
- Demands on time and resources

Saying "No" to Requests



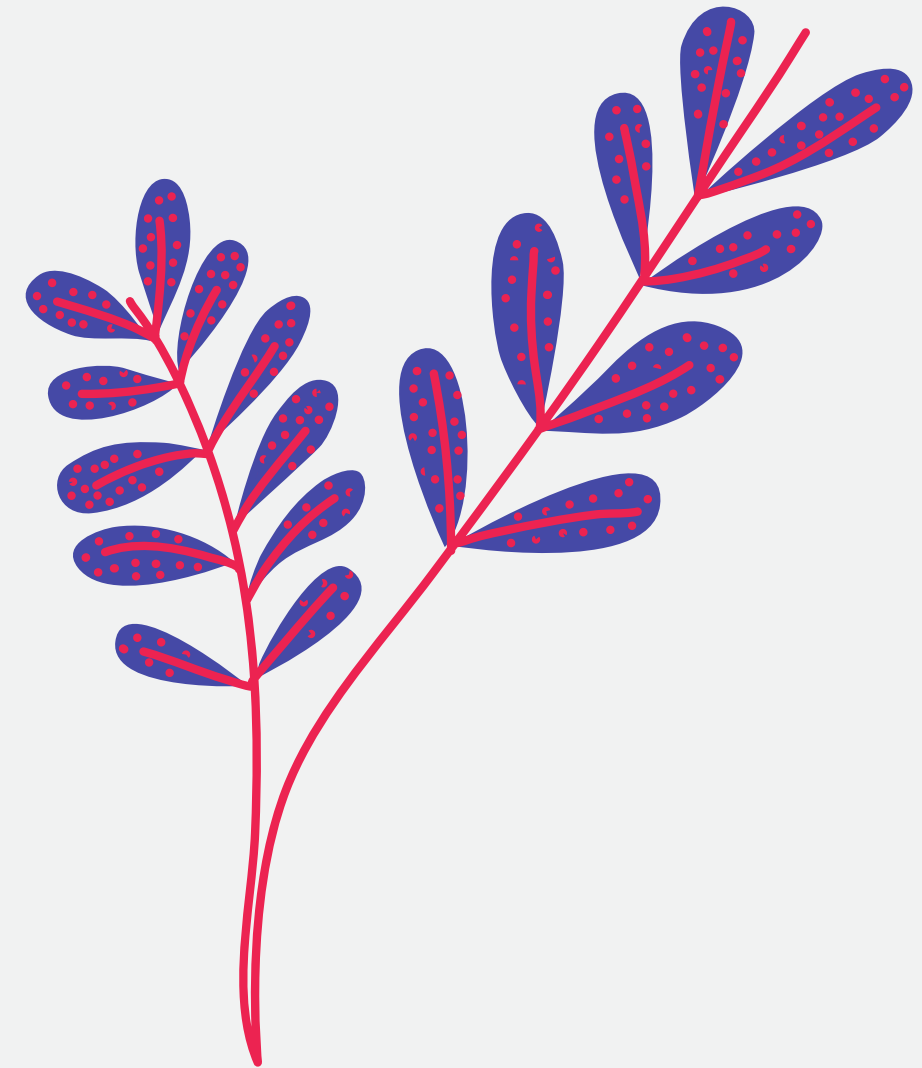
Ways to turn down requests

- "I can't do (x), but I am open to trying (y)."
- "I won't be able to attend, but thank you so much for the invitation."
- "I'm not available to help you with this, but here are some people who might be."



Saying "No" to Expectations

- Birth order
- Gender roles
- Established patterns that aren't serving you
- Age and life stage



Ways to Say "No" to Expectations



01

Make it explicit

02

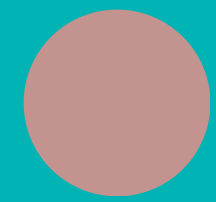
Count yourself out

03

Don't volunteer

04

Do what feels
right

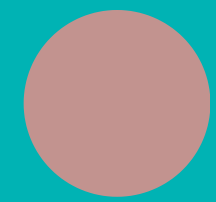


How they show up

Questions about-

- Personal life details
- Contact information
- Why you do or don't want to do something

Saying
"No" to
Inquiries



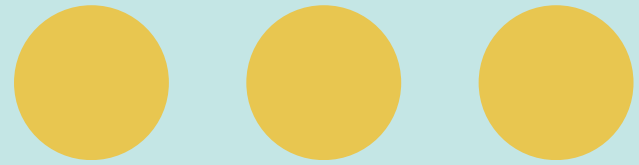
Ways to deflect inquiries

- "I don't feel comfortable answering that question."
- "I appreciate your curiosity, but I like to keep that information private."
- "I don't know you well enough to share that information."
- "Let's talk about something else.. Tell me about you!"



Boundaries

Around Speech



Tone



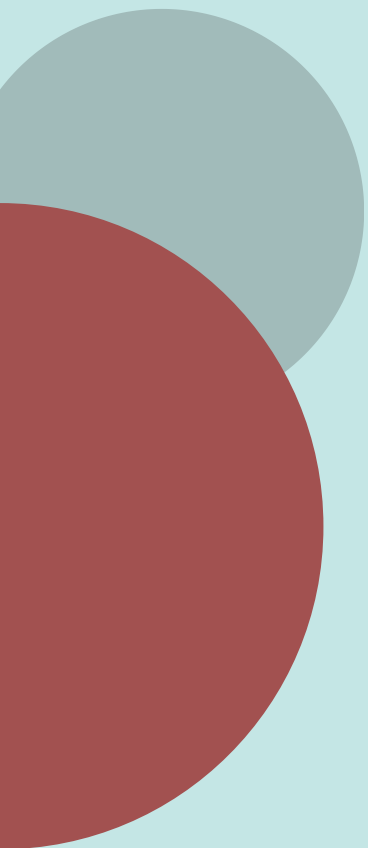
Volume



Space

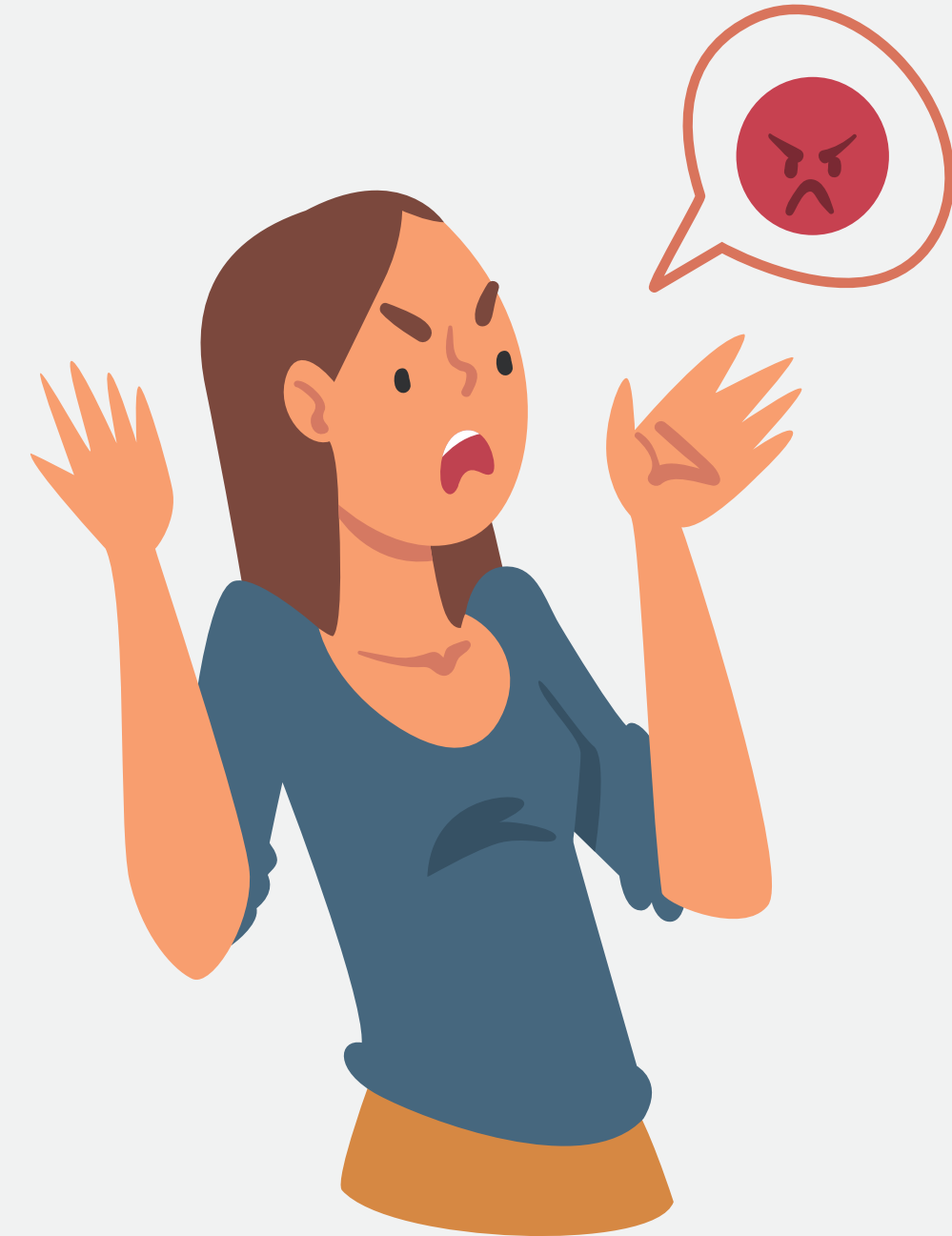


**Name calling &
labeling**



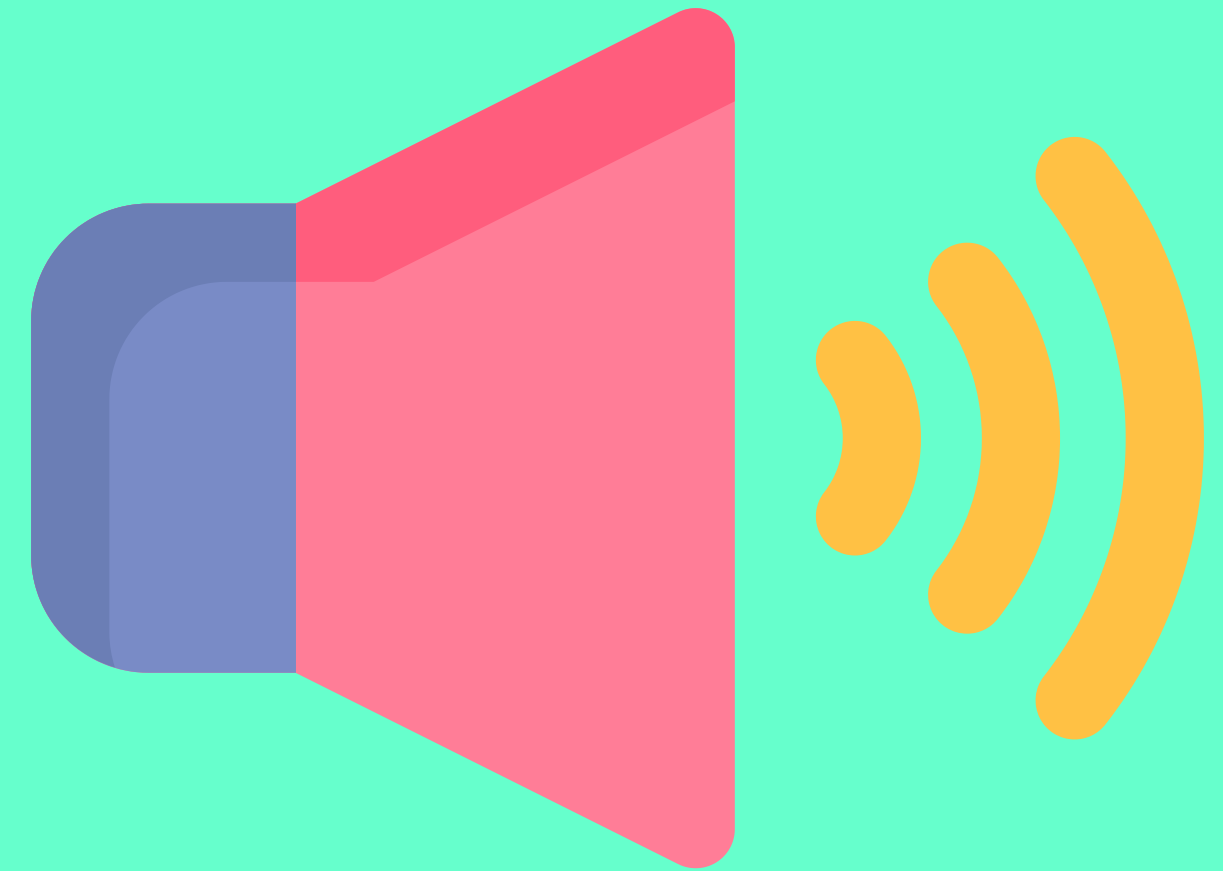
Tone

- You know it when you feel it.
- Contempt and disrespect
- Call it out.



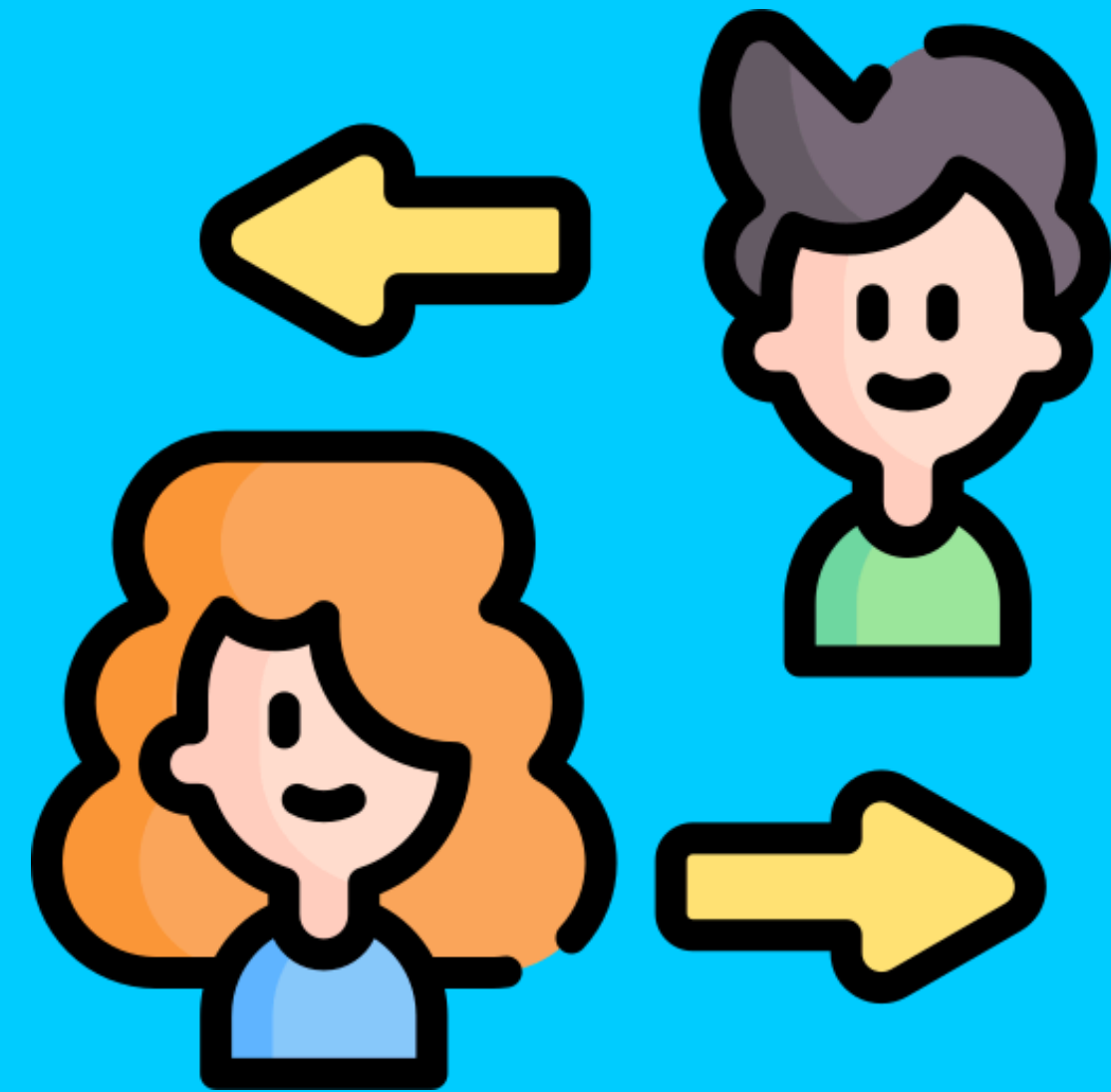
Volume

- Variations by culture
- Yelling and screaming are almost never appropriate.
- You have a right to feel comfortable.



Space

- Conversations involve give and take.
- You have a right to be heard.
- This looks like interruptions, overtalking, and failing to listen.



Name Calling & Labels

- Verbal abuse
- It's possible to have conflict without it.
- You have a right to say "no."



Boundaries Around Behavior in Your Presence

Language

Treatment
of Others

Inappropriate
Sexual
Behavior

Substance
Abuse

- "I will not allow you to treat her this way in my presence."
- "What you are saying is offensive to me, and it's important for me to name that."
- "You are an adult and you can do as you wish, but I refuse to be around this type of behavior."

Physical Boundary Crossings

- Intimidation
- Assault
- Battery
- Violence



How to Set a Boundary by Saying "No"



Confront

With safe people in valued relationships, you can confront the situation directly and explain your perspective.



Abstain

It's often advisable to simply remove yourself from a situation or abstain from participation.



Lie

In unsafe or manipulative situations, lying may be your best bet for establishing safe and healthy boundaries.



Review

What you learned today.

- **Requests**
- **Expectations**
- **Inquiries**
- **Speech**
- **Behaviors**
- **How to say “No”**



**Until next
time!**