ONE CLEAN EXIT LINE

You can let people know you're leaving without asking them to approve it.

When it's time:

"I'm heading out now. Thanks for having me."

Say it as information. Then go.

When someone asks you to stay:

"I can't stay longer. I'm heading out."

My exit line, in my own words:

THE ROOM CAN KEEP GOING

The conversation may keep going. The dishes may still be on the table. Someone may wish you would stay.

You can say what you can offer before you arrive. You can also name when that offer ends.

"I can help until six. Then I need to leave."

Educational material. Not therapy. If leaving could bring threats or harm, seek support from someone safe before trying a direct boundary conversation.

Presented by Belle Mile or a Millimeter

www.progresscounselingprograms.com

You can say no without saying yes to everything.



STILL SITTING THERE AFTER EVERYONE ELSE HAS GONE OUTSIDE

You meant to leave. You stayed to keep the peace.

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01 / JUST A LITTLE LONGER

THE MOMENT YOU STAY

The meeting ended twenty minutes ago.
Somebody needs “one more thing.”
Your coat is still on the chair.
Your ride home is waiting.

Maybe you stay so nobody feels let down.
Maybe you’re waiting for someone to say,
“You’ve done enough. Go home.”

THE POINT WHERE I STAY

What happens just before I decide to stay?

Notice the moment. That’s where you can try a different move.

02 / A DEPARTURE YOU CAN FOLLOW

LEAVING NEEDS A PLAN



Before you get pulled back

Choose a departure time before the room starts deciding for you.

My departure time:

Any handoff I need to arrange:

How I’m getting home:

Plan around work and caregiving duties.
Arrange a safe handoff before leaving.

03 / THE NEXT TIME I WILL GO

WHEN THE TIME COMES

Say the exit line you chose.
If someone asks for one more thing,
repeat your limit without a new promise.
Then gather your things and go.

Where I’ll practice leaving:

The exact time I’ll stand up:

My exit line:

If I get pulled back, I can say:

“I’m still heading out now.”