THE NO I CAN USE

For an extra request you cannot cover, prepare a short answer.

The shift:

“I’m not available to cover that shift.”

No invented emergency needed.

The family plan:

“I can’t take that on this weekend.”

My short no for the next request:

CARE WITH AN HONEST LIMIT

You can understand why someone needs help and still be unable to provide it.
You do not have to offer an alternative.

If you offer a smaller yes, make sure you want to do it and can follow through.
You can also decline the whole request.

**“I can help until four.
I can’t stay for the evening.”**

Educational material. Not therapy.
If saying no could bring threats or harm, seek support from someone safe before trying a direct boundary conversation.

**Presented by Belle
Mile or a Millimeter**

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You can say no without saying yes to everything.



COVERING THE SHIFT SO NOBODY IS UPSET

**You can care.
You don’t have to cover everything.**

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01 / THE AUTOMATIC COVER

THE ROOM GETS QUIET

You've got your jacket. You're almost out. Then someone says they're short again. You hear, "I can stay," before you've checked what you're giving up.

The room relaxes. Your evening is gone. At home, it's the same pattern: one more ride, one more favor, one more plan.

THE PART I KEEP PAYING FOR

What does covering this usually cost me?

Count the time, rest, and plans you would be giving up.

02 / WHAT THIS YES WOULD COST

WHAT WOULD A YES COST?



Before the automatic cover

Include the travel and cleanup time.
Notice what would have to move.

What I would be taking on:

What I would lose or postpone:

What I can realistically offer:

Use this for voluntary extra requests.
For assigned duties, discuss options.

03 / A LIMIT FOR THE NEXT REQUEST

THE NEXT ASK. MY ACTUAL LIMIT.

Choose one extra request you will decline.
Write the words before it comes in.
You can let the other person respond.

The request I will not cover:

My short no:

If they push, I can repeat:

What I will protect by saying no:

"I'm still not available."