THE SENTENCE YOU CAN USE

You do not need the answer ready before you have checked your life.

To buy yourself a pause:

“Let me check my weekend. I’ll get back to you tonight.”

Give a reply time you can keep.

When the answer is no:

“I can’t take that on this weekend.”

My sentence for the next ask:

FOR THE ONE WHO GETS ASKED

Parents. Partners. Coworkers.
The one who keeps things running.
The one who gets the follow-up text.

A small practice for everyday requests.
Use the space. Try a sentence.
Keep what fits your life.

No meeting.
No confession required.

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

www.progresscounselingprograms.com

You can say no without saying yes to everything.



THE WEEKEND THAT WAS SUPPOSED TO BE YOURS

You said yes.
Your weekend disappeared.

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01 / THE AUTOMATIC YES

FRIDAY. AGAIN.

By Friday, you've agreed to the extra errand, the ride, and the family plan. Everyone knows where you'll be. You haven't asked yourself yet.

You wanted a quiet morning. Now you're checking the clock and wondering why you're so damn tired.

WHAT THE YES COSTS

Which part of your weekend keeps getting volunteered?

You can care about people and still have plans of your own.

02 / A CHECK BEFORE YOU COMMIT

BEFORE THE YES



Does this actually fit?

Time: What would this take, including the drive and cleanup?

Energy: What am I already carrying?

Choice: Do I want to agree, or do I want the pressure to stop?

- ☐ This fits. I want to say yes.
- ☐ I need time before I answer.
- ☐ This does not fit this weekend.

Already agreed? Communicate a change and plan any needed handoff.

03 / ONE REAL THING TO PROTECT

ONE BLOCK. STILL YOURS.

You don't have to rebuild your whole life this weekend. Choose one block of time you can realistically protect.

Day and time:

What I want that time for:

My sentence when the ask arrives:

If someone pushes, I can repeat:

"I'm keeping that time free."