YOU DON’T HAVE TO SEND THAT YET

The silence can pull you toward one more text. Pause before you send it.

A reminder for yourself:

“I can feel uneasy and still keep my answer.”

You do not have to reply to every pause.

If a reply is needed:

“I know this is disappointing. I’m still not available.”

My pause reminder:

CHECK WHAT NEEDS REPAIR

Did you hurt someone, break an agreement, or leave out important information? Address that part honestly.

You can apologize for how you spoke and still keep a reasonable limit.
You can also rethink a decision.

“I’m sorry I snapped. I still can’t take this on.”

Educational material. Not therapy.
If setting a limit brings 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 DISCOMFORT AFTER

You said it.
Now you want to take it back.

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01 / THE URGE TO TAKE IT BACK

THE MESSAGE AFTER THE NO

You finally said you couldn’t do it.
Then came the look. The silence.
The text that just says, “Fine.”
Now you’re typing a whole new offer.

Maybe you want to stop feeling guilty.
Maybe you want proof they’re not angry.
What would the extra text be trying to do?

BEFORE I FILL THE SPACE

What am I tempted to do just to end this feeling?

Check the facts before you let the feeling write the next message.

02 / A LITTLE ROOM BEFORE REPLYING

A PAUSE I CAN USE



Before another explanation

Set the phone down. Get some water, or take a short walk if it’s safe.

The feeling I notice:

One thing I can do in the pause:

When I will check back:

Use this when no urgent reply is needed.
Discomfort has no fixed timetable.

03 / CHECK BEFORE YOU SEND

BEFORE THE FOLLOW-UP

Choose the follow-up you want to resist.
You can skip a second apology or new offer when nothing needs repair or clarification.

The response I will not rush to give:

What actually happened:

What I’m assuming it means:

What I will do instead:

“I can wait before I answer.”