

Processing Your 'No': Boundary Clarity Worksheet

Step 1: Notice

Think back to recent situations where you were asked to do something and felt uncomfortable saying no.

Use the space below to jot them down – include who, what, when, where

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Step 2: Reflect

Why was it hard to say no in those situations? What fears or thoughts came up for you?

Write a few thoughts below:

- Fear of conflict
- Fear of disappointing others
- Fear of being left out
- Other: _____

Step 3: Try the USA Method

Next time you're faced with a request you want to say no to, try using this approach:

U – Understand the request

S – State your situation

A – Assert what you CAN do (if anything)

Example Response:

"Oh, I wish I could! I've been traveling all week and really need a day to rest. Can we try for another time?"

Now you try:

Bonus: Reflection

What would it mean for your mental health if you gave yourself permission to say no more often?

Share your success story with me: tamiwest@tamiwest.com



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