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HONORING YOUR STRENGTH



SUPPORTING YOUR TRANSFORMATION

Helpful Phrases for Setting Boundaries

I'll bet back to you about that.

I understand you really need my help, but I'm just not able to say yes to that.

Not right now.

I can't give you an answer right now, can you check back with me? I

I don't think I'm the right person to help with that.

I'm honored that you would ask me, but my answer is no.

I'm already booked.

No/Yes

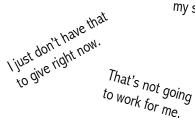
Maybe next time.

is already committed.

I'd love to, but my time/money

lt doesn't fit my schedule.

No, thanks.



I want to, but I'm not able to. Sorry.

Sorry I can't help you this time. I'm going to say no for now. I'll let you know if something changes.

That sounds fun, but I'm not available.

I really appreciate you asking me, but I can't do it.

l'm not able to commit to that right now.

Unfortunately, that's not something I can do at this time.

No, I can't do that, but here's what I can do...

I'll have to pass this time.

"No" is a complete sentence. "No" is a sacred "Yes" to something else.

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