



Helpful Phrases for Setting Boundaries

I'll bet back to you about that.

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

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

I'm going to say no for now. I'll let you know if something changes.

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

Not right now.

That sounds fun, but I'm not available.

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



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

I'm already booked.

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

I'd love to, but my time/money is already committed.

Maybe next time.

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

I just don't have that to give right now.

It doesn't fit my schedule.

No, thanks.

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

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

That's not going to work for me.

Sorry I can't help you this time.

I'll have to pass this time.

“No” is a complete sentence.
“No” is a sacred “Yes” to something else.