

# Boundaries And Balance: How To Say No And Still Be Likable

## P.R.R. METHOD WORKSHEET

WRITE DOWN **THE PROBLEM**: WHY IS THE INTERACTION EXPECTATION NOT WORKING FOR YOU?

WRITE DOWN **POSSIBLE REMEDIES** THAT COULD HELP FIX THE PROBLEM. WHAT WOULD MAKE THE INTERACTION BEARABLE, BETTER, AND IDEAL?

WRITE DOWN YOUR INTERACTION **REVERSAL** POSSIBILITIES. WHAT ARE POSSIBLE BITE SIZED ACTIONS THAT YOU CAN TAKE TO CHANGE THE INTERACTION/ EXPECTATION?

DO YOU WANT TO NEGOTIATE? IF SO WRITE DOWN POSSIBLE ALTERNATIVE OPTIONS YOU'D LIKE TO OFFER WHEN SETTING OR RESETTING BOUNDARIES BELOW.