LIFESKILLS ACADEMY
Mastering the Game of Life

Boundary Response Cheat Sheet

Responding Wisely to Requests

A LifeSkills Academy One-Page Guide

🌿 Step 1: Pause

You are allowed time.

Try:

- "Let me think about that."
- "Can I get back to you later today?"
- "I need to check what I realistically have to give."

🌿 Step 2: Name the Request

What is being asked of you?

- ☐ Time
- ☐ Energy
- ☐ Emotional support
- ☐ Resources
- ☐ Ongoing responsibility
- ☐ One-time help

Clarity reduces guilt.

🌿 Step 3: Choose a Response Lane

🟢 **Wholehearted Yes**
"I can do that, and I'm glad to."

🟡 **Partial or Negotiated Yes**
"I can't do all of this, but I could help in this way."

🔴 **Clear No**
"I'm not able to take this on right now."

All three are valid.

🌿 Step 4: Speak With Respect

Choose language that honors both people.

- "This season is more limited for me."
- "I want to be honest about what I can manage."
- "I appreciate being asked, even though I can't say yes."

No apologies for having limits.
No pressure to over-explain.

🌿 Step 5: Release the Outcome

You are responsible for your response,
not for managing another person's emotions.

🧭 Reminder

Boundaries are not walls.
They are guides that protect relationships from resentment.

Clarity is kindness.