The After-the-No Reality Check

When saying no feels wrong, use these five prompts to separate responsibility from discomfort. Keep your answers brief. You do not need to justify your boundary perfectly.

01 **What did I say no to?**

Name the request or situation - just the facts.

02 **Why did I decline?**

Think about capacity, values, commitments, time, or well-being.

03 **Did I break an obligation, or disappoint someone?**

What did I actually owe here? What response belonged to the other person?

04 **Is there anything I genuinely need to repair?**

If yes, name one specific action. If not, write “Nothing to repair.”

05 **What reasonable boundary will I maintain?**

Make it concrete: what will I say or do if the pressure returns?

Discomfort is information, not an instruction.

A gentle check-in, not a verdict. If you caused harm, repair it; if not, give the discomfort time to pass.