

SETTING LIMITS (CONTINUED)

	EXAMPLE	
1	Choose a small request.	Your son Joe always asks you to baby-sit
2	Decide what, when and where.	I'll call Joe right after dinner and tell him that I can't baby-sit for him this weekend, and that he'll have to find someone else.
3	Rehearse.	"Joe, I can't baby-sit for you this weekend and I want to give you sufficient time to find someone else."
4	Stay Firm.	"As I've already said Joe, I can't baby-sit for you this weekend. You'll have to make other plans."
5	Use positive self-talk.	My life is just as important as anyone else's. It's OK to say "No."

	WOKSHEET	
1	Choose a small request.	
2	Decide what, when and where.	
3	Rehearse.	
4	Stay Firm.	
5	Use positive self-talk.	