

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."

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