Boundaries: clear, respectful choices | Explore

What Am I Available For?

Adults and caregivers | 8 to 10 minutes | Worksheet

Translate a vague sense of overload into a specific limit and possible response.

Choose one request or expectation that has felt difficult. You may use a made-up example if your own situation is too charged. This page is for preparation; sending or saying anything is optional.

How to use this page

Write, draw, or talk through the three areas. Keep attention on your available capacity and the circumstances that shape your choices.

Name the actual demand

Describe what you are being asked to do, how often, and what it would require. Include less visible work such as arranging appointments, remembering details, travel, or recovery time. Naming the work can reveal why an apparently small request feels large.

Separate preference from capacity

Consider what you want, what you can realistically offer, and what is not currently possible. A partial offer is optional, not the price of saying no. Notice any contractual, legal, caregiving, or practical obligations that need professional clarification rather than a quick script.

Choose a workable response

You might ask for time, state a limit, make a request, seek support, or postpone the conversation. Choose wording and a communication method that fit your culture, access needs, and safety. Another person's disappointment does not automatically mean your choice was wrong.

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1. The request, its hidden demands, and what matters to me

2. What I can offer, cannot offer, or need to clarify

3. My possible response, and the support or timing it needs

Facilitator notes and adaptation

Address coercion or threats separately. Do not urge a person to test a boundary with someone who may retaliate. Explore structural supports as well as language.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

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Conceptual references

PB06 | Centre for Clinical Interventions, Government of Western Australia | Assertiveness: Improving Assertiveness Self-Help Resources

https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness

PB07 | Department of Health, Government of Western Australia | Assertive Communication

https://www.health.wa.gov.au/sitecore/content/Healthy-WA/Articles/A_E/Assertive-communication

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