

Drawing a Line With Family

Decide on one limit with a family member and what to say when it is tested.

WHEN TO USE THIS

Use this before a visit or a call that usually leaves you drained.

What keeps happening that you want to change?

Write your line in one sentence.

'I am not going to talk about that.'

Plan for the pushback.

WHAT THEY MIGHT SAY

WHAT I WILL SAY BACK

What will help you hold it?

- ☐ Having my own way home
- ☐ A time I have to leave by
- ☐ Someone there who knows
- ☐ Deciding what I will not discuss
- ☐ Somewhere to step outside
- ☐ A short visit, not a long one
- ☐ A call to make afterwards

What will you do afterwards to come down?

A line you can hold beats a line that sounds good.