

When Family Expects Too Much

Look at what your family assumes you will do, and what you would choose on your own.

WHEN TO USE THIS

Use this when family asks for more than you have, and saying no feels impossible.

What does your family count on you for, and did you ever agree to it?

WHAT THEY EXPECT

DID I AGREE TO THIS?

Which one costs you the most?

What would you keep doing even if nobody expected it?

What is one thing you could hand back, and who would you say it to?

Loving your family and doing everything they ask are not the same thing.