

THE INSTANT BOUNDARY CHECKLIST

Your 60-Second Companion to
The Fawn Response Reversal.



SPOT THE
TRIGGER.



CHECK YOUR
BOUNDARY.



CHOOSE
YOUR NO.



PROTECT YOUR
TIME & ENERGY.



STAY TRUE TO
YOURSELF.

**A QUICK CHECK.
A POWERFUL SHIFT.**

LILY ROSE

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Your 60-Second Companion to The Fawn Response Reversal.

How to Use This Checklist:

This is not another chapter. You already have the full 30-day system in your main guide.

This is the thing you grab when you don't have 30 minutes, you have 30 seconds. The request just landed. Your mouth is already forming the yes. You need something fast, something you can run through in the moment, before the old pattern finishes running.

Screenshot it. Print it. Stick it inside your phone case. Wherever it lives, make sure you can reach it in under ten seconds, because that's usually all the time you'll have before the yes escapes.

- **CHECKLIST 1: The Before You Answer Checklist.**

Run through this the moment a request lands, before you open your mouth.

☐ Did I actually pause or did the yes start forming before I finished hearing the request?

☐ Am I saying yes because I want to, or because no felt too big in this exact moment?

- ☐ Do I genuinely have the time, energy, or money this requires right now, not hypothetically?
- ☐ If I say yes, what am I quietly saying no to instead?
- ☐ Has this same person asked me for something similar in the last 30 days?
- ☐ Will I feel resentful about this in two hours? In two days?
- ☐ Am I the only person who could help or just the easiest person to ask?
- ☐ Would "let me think about it" actually be unacceptable here or am I assuming that?
- ☐ Is this genuinely urgent, or urgent only because they asked me right now?
- ☐ Would I ask this same favour of them, the same way, with the same notice?

If three or more answers made you uncomfortable, that discomfort is information. Listen to it.

- **CHECKLIST 2: The Red Flag People Checklist.**

Some people have quietly learned that you're an easy yes. This checklist helps you spot them.

- ☐ They only reach out when they need something.
- ☐ They go cold, distant, or subtly punishing the moment you say no.
- ☐ Every request is framed as an emergency, even the ones that clearly aren't.
- ☐ They never ask if you have capacity. They just assume you'll make room.
- ☐ They've never once reciprocated a favour of similar size.
- ☐ They “forget” to thank you but never forget to ask again.
- ☐ They compare you to “how helpful you used to be” if you've ever declined.
- ☐ They ask in front of other people, making it harder for you to say no.
- ☐ Your stomach tightens before you've even finished reading their message.

- ☐ You've described this person to a friend as “exhausting” more than once.

Two or more checked? You already know who this is. You don't need this checklist to tell you, you needed permission to admit it.

- **CHECKLIST 3: Real Guilt vs Manufactured Guilt.**

Not every guilty feeling deserves your obedience. Here's the fast way to tell the difference.

This is REAL guilt if:

- ☐ You did something that violated your own stated values.
- ☐ You caused avoidable harm to someone who didn't deserve it.
- ☐ The feeling points to a specific, actionable repair.
- ☐ It doesn't disappear the moment the other person's mood improves.

This is MANUFACTURED guilt if:

- ☐ It appeared the moment you said no, not before.
- ☐ It's attached to someone else's disappointment, not your actual wrongdoing.
- ☐ The only thing that “fixes” it is reversing your decision.
- ☐ It arrives as sighing, silence, or a cooler tone, not a direct conversation.
- ☐ You’d tell a friend she did nothing wrong if she described the same situation.

Real guilt asks you to repair something. Manufactured guilt just asks you to fold. Know which one you're feeling before you act on it.

- **CHECKLIST 4: The Grab-and-Go No Scripts.**

No thinking required. Pick the context, pick the line, say it.

Family:

“I love you, and I can't take this on right now.”

“That doesn't work for me this time, try me again another day.”

“I hear you. My answer is still no.”

Work:

“I want to give this the attention it deserves, which means I can't add it to what's already on my plate.”

“Let me check my capacity before I commit to anything new.”

“I'm not able to take this on, can we look at who else has room?”

Friends:

“I can't make it, but I hope it's wonderful.”

“I don't have it to lend right now.”

“I need this weekend for myself.”

Church / Community:

“I've had to step back from new commitments for a season.”

“I wasn't part of that conversation, so I can't agree to it.”

“Please don't volunteer me for things without checking with me first.”

No explanation required after any of these. A full sentence is a complete answer.

- **CHECKLIST 5: The Weekly Boundary Health Check.**

Run this every Sunday. Ten seconds per line.

- ☐ I said no at least once this week when I wanted to.
- ☐ I didn't over-explain any of my no's.
- ☐ I noticed the old yes-reflex trying to take over and caught it.
- ☐ I gave to someone this week because I wanted to, not out of fear.
- ☐ I spent time this week on something that was just for me.
- ☐ I didn't rescue anyone from a problem that wasn't mine to solve.
- ☐ I let an uncomfortable silence sit instead of filling it with agreement.
- ☐ I checked how I actually felt before answering, at least once.
- ☐ Nobody's mood controlled my decision this week.

Fewer than six checked? That's not failure. That's your Monday reminder to reset.

● **CHECKLIST 6: Is This Relationship Worth Protecting?**

For after you've said no and someone reacted badly. Run this before you decide what happens next.

Green light; keep investing:

- ☐ They respected your no, even if disappointed at first.
- ☐ They apologised if their reaction wasn't fair.
- ☐ The relationship feels more balanced now, not less.
- ☐ They can hear the truth from you without punishing you for it.

Yellow or red flag; protect yourself:

- ☐ The relationship only worked when you said yes to everything.
- ☐ They brought other people in to pressure you after your no.
- ☐ Their apology, if it came at all, arrived with a “but”.

- ☐ You feel lighter when they're not currently asking you for something.
- ☐ This exact pattern has repeated more than three times.

You don't have to end anything today. You just have to stop pretending you don't see the pattern.

BONUS: The Daily 3-Question Check-In.

The absolute minimum version. For the days you have ten seconds and nothing more.

1. What did I say yes to today and did I actually mean it?
2. Did someone else's comfort come before my own today, without me choosing that?
3. What is one thing, today, that was just for me?

Ask it every night before you sleep. That's the whole practice.

A Word Before You Go.

You don't need to use every checklist every day. Some weeks you'll only reach for Checklist 1. Other weeks Checklist 6 will be the only one that matters.

Keep this close. Not because you're broken and need constant monitoring, but because the pattern took years to build, and a few weeks of the 30-day system doesn't erase years overnight. This is your maintenance kit. Your emergency reach.

You already know how to say no. You've always known. This just makes it faster to remember in the moment it counts.

With love,

Lily Rose