CHECKLIST

Saying No to a Friend Without Ending the Friendship

- [ ] Refuse the request clearly using short, direct words
- [ ] Send information about helplines and support services within a day
- [ ] Check in about an unrelated topic to show the friendship continues
- [ ] Offer to listen or be present during difficult conversations
- [ ] Write down why you set this boundary and keep the note
- [ ] Tell one trusted person about the boundary you've set
- [ ] Invite your friend to free activities that don't involve money
- [ ] Accept that your friend may pull back temporarily after you refuse
- [ ] Seek support for yourself if the situation is affecting your wellbeing