A Yes You Can Count On

When someone asks for help, take a moment to check your calendar and energy. Choose the most honest reply and put it in your own words.

An honest yes

> *“I can pick up the groceries after work. I’ll be home with them around six.”*

Name what you can do and when.



For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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A smaller offer

> *“I can’t manage pickup and dinner tonight. I can make dinner if pickup is covered. Would that help?”*

Offer the part you can carry and wait for an answer.



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A Yes You Can Count On

A caring no

> *“I can’t be there at four, and I don’t want to leave you waiting. I can help look at another day if you’d like.”*

An honest no gives the other person time to plan.

If you need to check first, try “Let me look at my afternoon. I’ll answer by noon.”



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