

Example of working from home with family present

Without being assertive about your needs:

- Everyone is loud and you can't get anything done. You are passive-aggressive at home and don't work well.

If you are authoritative about your needs:

- Family gets mad/offended/resentful, and they are passive-aggressive or don't comply with your needs as much due to being resentful. So you also don't work as well and strain your relationships.

If you explain to family that you can't work without quiet and need x number of quiet hours per day:

- They will try to honor those quiet hours, everything is transparent, and done as a team.

Script:

I am having a hard time focusing since I am working in the living room and there are people constantly going back and forth. My work is really suffering and I am feeling a lot of stress. Can the kids play in their room or the park during my working hours? If it's possible, I'll babysit after 4pm and do the rest of my work late at night after the kids go to sleep?