**Story**

I want to tell a story about learning to set clear boundaries. This story happened last weekend.

I have a housemate who always likes to play online games. However, unlike me, he always shouts to report the enemy’s location to his teammate loudly. Still, I can be patient because I can use my headphone to avoid the noise.

In the beginning, he will stop shouting before midnight every day. However, last weekend, on Sunday, he started to shout from midnight to Monday morning, and somehow, maybe in the highlight of the game or he became the MVP, he even started singing songs, in the middle of the night, around 2 am! Can you believe it? He also had classes on Monday, but he didn’t even care! With his shouting, I couldn’t even sleep. Therefore, I felt sleepy and nearly fell asleep in class, even though I had drunk a lot of coffee, which made me almost throw up that morning!

After that, when I got home, I told him never to speak or make any noise in the middle of the night again, or, using the Chinese way to say, I would give him some colour to see, which means I would never be patient again. In the end, he agreed, and he has never shouted in the middle of the night any more. As a result, I have been able to sleep well and have had class well since that day. This tells me that sometimes we should learn to stand up for ourselves and set clear boundaries, especially if the behaviour of others affects our lives.