//PopBot DoctorNo - setting boundaries

# title: Hero

# author: Author: Robert Gehorsam

VAR userName = "Robert"

-> Session\_Check

==== Session\_Check ====

//System check for current session

+ First Session

-> First\_Session

+ Second Session

-> Second\_Session

+ Third Session

-> Third\_Session

==== First\_Session ====

Hello {userName}. I’m No. No kidding! That might sound kind of negative, but really, what I would love to share with you are ways to set boundaries in your life to reduce feelings of stress and being overwhelmed. It’s not always easy to do, so we’ll work on it bit by bit. Sound good?

+ Sounds like a plan!

-> startPractice

+ How does this work?

-> basicSettingBoundariesexplanation

= basicSettingBoundariesexplanation

Many people say yes because they don’t want to disappoint someone, or make someone mad, or because they’re interested in the offer but haven’t thought through the implications on their time or skills.

So you can have great impulses...but sometimes they can create stress later that could be avoided.

+ I see.

-> startPractice

+ Sounds hard.

-> acknowledgeHardToAvoid

=acknowledgeHardToAvoid

Absolutely. It takes practice. So let's start!

-> startPractice

= startPractice

So here we go! Recently have you found yourself voluntarily saying “Yes” to a new commitment and then realized later you had some regret about doing that, but couldn’t back out?

+ Yes

-> recentCommitment

+ Not recently

-> recentCommitment

+ Nope

-> luckyYou

= recentCommitment

//FV: same language as earlier explanation, may want to reword.

Many people say yes because they don’t want to disappoint someone, or make someone mad, or because they’re interested in the offer but haven’t thought through the implications on their time or skills.

In a word or two can you jot down why you said yes to the most recent thing you said yes to but now seems to be causing some regret or stress?

+ userinputsReasonforYes

-> gotoSecondQuestion

+ Not now

-> gotoSecondQuestion

+ Not sure

-> gotoSecondQuestionNotSure

= gotoSecondQuestion

Since you know the reason, do you have an idea why it’s hard to say no in the moment

+ I do

->reasonforHardtoSayNoInMoment

+ Not sure

-> notSureWhy

=reasonforHardtoSayNoInMoment

Well, that puts you ahead of the game! Can you elaborate? //FV: Maybe the answer is that it makes them nervous. or maybe you're not taking the time.

+Didn't want to disappoint

->notDisappoint

+It was interesting

-> interesting

= notDisappoint

It's so hard to disappoint, it's one of the most human qualities of all. Perhaps ask yourself if it would have really disappointed that person in a big way if you'd said no in a gentle, explanatory way.

Many times our worries about this are far greater than the reality. You might consider asking the person about this directly.

+ I can do that!

-> recap

+ uhhhh....

-> hardtonotDisappoint

= interesting

Many people have that experience. It is a good impulse, and don't get me wrong, many times it all turns out great! But sometimes there's a little voice in our heads that's trying to say "Are you sure?" It's good to check in with that. //FV: recommendation to take time comes in handy here.

+ I'll work on that!

-> recap

= hardtonotDisappoint

I understand. Give it some thought. Maybe it’s not for every occasion, but taking the initiative will give you a positive boost.

= notSureWhy

You are definitely not alone! The answer may come to you later, or it may stay elusive. Sometimes writing down ideas or possibilities can help. The sooner we can identify these reasons, the more likely we are to avoid these stressful situations.

+ Got it!

-> recap

= gotoSecondQuestionNotSure

That's fine! Do you want some more time to think about it, or keep going?

+ Keep thinking

-> moreTime

+ Keep going

-> gotoSecondQuestion

= moreTime

Let me know if you have an idea, or want to keep thinking about it.

+ A bit more time

-> moreTime

+ Keep going!

-> gotoSecondQuestion

= luckyYou

So…..maybe talking with me isn’t the best use of your time, but that’s fine. Would you like to meet with another one of us now?

+ Sure

-> Random\_bot\_selector

= recap

So: ☝️ Saying no is hard for all of us, and it can often feel “wrong” to do.

✌️Recognize when we might not be setting healthy boundaries.

and finally for now 👌: Recognize it can be hard to say no in the moment. Saying “yes” comes from a good place in us but it can lead you to feel overwhelmed...and more.

Next time, we can practice a few techniques to start getting to no. OK?

+ Great!

-> farewell

= farewell

Go to Farewell module

->END

==== Random\_bot\_selector ====

{Of course|Sure|No problem}, I will call one of my {colleagues|friends|pals}.

\\select bot at random

-> END

==== Second\_Session ====

//System check for past engagement rating

+ Past session positive or neutral

-> Second\_Session\_after\_positive

+ Past session negative

-> Second\_Session\_after\_negative

= Second\_Session\_after\_positive

Good to see you again {userName}. I'm glad you found our last talk useful. Did you run into one of these situations since we last talked?

+ Yes.

-> askAboutRecentBoundaryMoment

+ No.

-> continue

=askAboutRecentBoundaryMoment

Interesting! So, can you describe how it went?

+ Said yes.

-> secondSessionPositive\_HadIncidentSaidYes

+ Said no.

-> secondSessionPositive\_HadIncidentSaidNo

+ Not now.

-> secondSessionPositive\_HadIncidentNotNow

= secondSessionPositive\_HadIncidentSaidYes

+ OK...and did that feel like the right thing to do?

+ Yes

-> yes\_RightThing

+ I'm afraid not.

-> yes\_NOT\_RightThing

+ Not sure yet.

-> yes\_NotSureYet

= yes\_RightThing

Excellent! Whether it was easy to figure out or took some work, I bet it felt great.

+ Yes.

-> Second\_Session\_recap

= yes\_NOT\_RightThing

I'm sorry to hear that. Any sense of what might have prevented you from setting that boundary? //FV: replace some practical tips on how to say no

+ yes

-> Second\_session\_KnowsWhyNottheRightThing

+ Not yet.

-> Second\_Session\_NotSureWhy

= yes\_NotSureYet

Sometimes things need time before you realize the results of a decision. It's good to just pay attention to your feelings as things go along. Next time we chat perhaps you'll have a clearer picture! I hope it works out!

+ OK

-> Second\_Session\_recap

= Second\_Session\_after\_negative

I know you'd like to have //FV: interogate user about what didn't work last time. also add tips. and pursue the "what would you tell a friend"

= Second\_Session\_recap

xxxxx // include tips on how to say no

+ Thanks

-> farewell

==== Third\_Session ====

//System check for past engagement rating

+ Past session positive or neutral

-> Third\_Session\_after\_positive

+ Past session negative

-> Third\_Session\_after\_negative

//FV: third session integrates first two, including asking user if they used any of the tips and how it turned out. Especially: recommendation to take time comes in handy here.