

# End with Kindness

A friend invites you to hang out but you don't feel like it.

That doesn't work for me.  
I (still) hope/want/appreciate...

A friend wants to videocall you so you can help them with Maths homework late at night.

That doesn't work for me.  
I (still) hope/want/appreciate...

A classmate wants to swap snacks, but you don't like what they're offering.

That doesn't work for me.  
I (still) hope/want/appreciate...

A classmate suggests working together, but you prefer working alone.

That doesn't work for me.  
I (still) hope/want/appreciate...

**Keep it short, clear and kind. No need for "because". No argument, no guilt. Just clear boundaries and kindness.**

Ex. Someone asks to borrow something personal, your earbuds for instance, but you don't feel comfortable giving it to them.

*That doesn't work for me. I still want to help if there's another way.*