

INTERRUPTIONS AND DISTRACTIONS

Possible Interruption Boundary Language:

Opt-out. Many of us might not even think it's an option, but you don't have to have a conversation with anyone you don't want to! You can say something like:

“Excuse me please, I need to use the restroom.”

“I'm going to refresh my drink.”

“You know what, I just saw my partner and I need to ask him something important.”

“It's getting late and I've got to go.”

Use your body language. Your body can be your ally when it comes to communicating your boundaries, so practice being aware and in control of it.

What if someone is trying to get your attention and you definitely don't want to talk to them at all? Nothing says I'm not stopping to chat like actually...NOT stopping to chat! You can smile at them and even say, “Hey! Happy Holidays!” and keep on walking. There is power in having your body language aligned with your intention, so use it!