

**Please  
Unsubscribe,  
Thanks!**

**How to Take  
Back Our Time,  
Attention, and  
Purpose in a  
World Designed  
to Bury Us  
in Bullshit**

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# Selections for CNN.com Readers

## Nine

### How to Talk About It All

#### Community Institutions, Associations, and Organizations, Extended Family, Work

##### When you need space

- “I only schedule Zooms two days a week now. I’m limiting my digital time. Can we do Thursday instead?”
- “Please count me out for now. Talk soon.”
- “I have to bow out and restore so I can live to fight another day.”
- “How can we streamline this so I can give you as much of me as I can afford to (or as my schedule allows)?”
- “We have to put some boundaries in place here.”
- “This schedule doesn’t leave much room for family time. We can commit to the kids being there once a week. More than that gets tough for us.”

##### When it is time to end it

- “I did some deep thinking, and I have to end my membership. I’m oversubscribed all around.”
- “This hurts, but I have to step away (for good).”
- “I am really grateful we got to work together or spend so much time together. My life just looks different now.”
- “We’ve decided not to participate. The schedule doesn’t give us enough family time.”
- “This has been weighing on me. But I know it’s not personal. I just have to make some changes.”

##### Best to avoid

These kinds of messages double down on your weakness. You are not weak.

- “I can’t continue. I don’t have it in me.”
- “I have nothing left to give here.”
- “Are you guys kidding me? You push and you push and you push. When is enough enough for you?”

- “I don’t have the bandwidth for you.”
- “My plate is too full. I can’t handle it.”

## Eleven

### How to Unsubscribe from Work or at Work

When You Want to Streamline or Set a Boundary

- “I really want to say yes, but until I finish my deadline, I can’t focus on that well.”
- “Can we round up and establish a new way to communicate as a group?”
- “I think our office needs to look a little different from how it used to.”
- “Our schedule isn’t leaving me much room for family time. How can we make some changes?”
- “I want to have a standing day each week [or hour(s) each day] to just focus on my inbox.”
- “For the summer, let’s set a dedicated lunch hour so we’re all on the same page. How does everyone feel about that?”
- “I think it’s time for us to renegotiate the terms of our work relationship.”
- “I feel like this is not working. How do you feel? What can we change here to make this work?”
- “I think we all need to unsubscribe from this idea that . . .”

## Thanks!

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