

# Access Adjustment Ideas

You don't have to change someone's attitude or actions to protect your peace. You only need to adjust **their access** to you — quietly, steadily, and without drama.

## 1. TIME — How long you stay in the interaction

- Keep the conversation short: "I've only got a few minutes."
- Set an end point before you start: "I can talk until 3:15."
- Step away when you feel drained: "I'm going to head out now."

## 2. ATTENTION — How much mental space you give it

- Don't replay the conversation — redirect your focus.
- Limit how often you check messages from that person.
- Stop planning how to manage their reactions.

## 3. EMOTIONAL DEPTH — How vulnerable you get

- Share facts, not feelings, with people who aren't safe.
- Keep the topic light instead of opening deeper layers.
- Move the conversation toward neutral ground when it gets tense.

## 4. RESPONSIVENESS — How quickly you reply

- Slow your response time — you're not on-call.
- Let some messages wait until you actually have capacity.
- Turn off read receipts or notifications for breathing room.

## 5. PROXIMITY — How close you stay, physically or emotionally

- Sit farther away during tense conversations.
- Take longer breaks between visits or check-ins.
- Shift group settings to reduce one-on-one pressure.

**Reminder: You're not punishing anyone. You're managing your well-being.**