



# “I CAN’T DO THIS” 7 ALTERNATIVES FOR WORK



**I’m not able to handle this right now.**  
(neutral-formal)

Honestly, I’m not able to handle this right now — I’ve got three deadlines coming up.

**I can’t take this on right now.**  
(neutral)

I’m really sorry, but I can’t take this on right now — I’ve got two reports due today.



**I don’t have the bandwidth right now.**  
(informal-neutral)

Sorry, I don’t have the bandwidth right now. I’m already preparing the sales presentation for Friday and finishing two reports.

**I don’t have the resources...**  
(neutral-formal)

The truth is, I don’t have the resources to take on another report right now. My team is already busy with the rollout.



**My plate is full right now.**  
(informal)

I’d like to help, but my plate is full right now. I’ll be available only after I wrap up the quarterly report.

**I don’t have the capacity at the moment.**  
(neutral-formal)

Thanks, but I don’t have the capacity at the moment. My team is fully focused on the release.



**I’m already committed to other projects.**  
(formal)

I can’t right now — I’m already committed to other projects this week.