

Saying “No”

Application Guide

What are the reasons you have trouble saying “No”? Be specific.

What are the signals you get – from your body, your emotions, your mind – that let you know you just said “Yes” when you *should* have said “No”?

Have you ever felt ashamed or embarrassed because you needed to say “No” due to stress or anxiety? How does this video change your perspective of yourself?

Think back: what was a situation where you said “Yes” when you should have said “No”? Why did you say “Yes”?

Imagine that in the above situation you had changed your mind and reversed your decision. How would that have played out? What difference would saying “No” – even belatedly! – have meant to you?

Think forward: is there a situation coming up where you might need to say “No” to take care of yourself? If so, plan out what you might say to prepare yourself to say “No” at the appropriate time.

