

How to SAY NO WITHOUT GUILT

Relentless Lifestyle



A step-by-step guide

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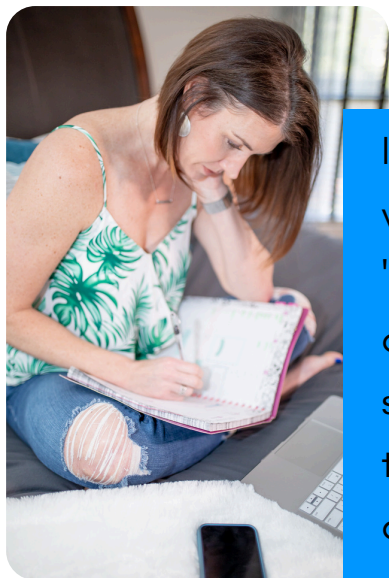
Are you a people pleaser? Do you have a hard time saying "no" without feeling guilty?

- Mom guilt. Need I say more?
- The fear of letting someone down
- Fear of missing out or not fitting in
- Feel like saying "no" means you're not capable of handling 'it'



All valid feelings, not necessarily true, but valid nonetheless. If you're finding yourself exhausted and spread too thin, it may be time to rethink saying "Yes" all the time.

Let's dig in!



I work with a *lot* of women who are self proclaimed 'people pleasers' and are sick of it but don't know how to stop. They want and know they need to because they can't keep going at this pace and yet, they just can't figure out the 'how' part. Don't worry, I'm not going to say "well just stop" because if it was as simple as that, you wouldn't be reading this. There is a lot to unpack for my people pleasing clients but I'm going to share my tried and true method for saying "No," *without* the guilt. If you feel like you need to dive deeper, I'm here for you too!



What do you do when someone asks something of you and you feel pressured to say yes?

1. Pause
2. Then respond with, "Thank you so much for thinking of me. Let me check my calendar and get back with you."

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What this does is allow you time to process what is being asked while politely acknowledging the request. Notice you haven't said "no" either.

Ok but what about actually answering the request?

So you did it! You said "let me check my calendar and get back with you." Yay! Celebrate it because that alone can be quite difficult!

Here's the next step:
Do you even *want* to do what is being asked?



If the answer is no, you can reply back with, "after looking at my schedule I'm not able to commit to that at this time. Thanks for thinking of me." Obviously word it in a way that sounds like you.

It doesn't matter *why* you don't want to or *why* you're not able to; frankly it's no one's business. You don't owe anyone an explanation, even if the pushy person asks for one.

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What if it's something you don't
mind doing or actually want to
do?

Start with the same response; “let me check my schedule”....

Because we are working on *not*
being over committed *and* self
prioritization here.

If you do want to do the thing, here's
the next step. Ask yourself, does
saying "yes" to (the thing) interfere
with any family obligations or
personal goals you have set for
yourself? If it does, then the answer
is "no" and it's easy to use the
response "Thank you for thinking of
me but I'm not able to make it work
with my schedule."

If you *want* to do the thing and your
schedule allows, obviously go for it!



Bottom Line

Boundaries can be scary territory for many whether it stems from your upbringing, current relationships, a desire to feel loved or to fit in...it can be a lot to process and work through but we absolutely can work through it!

Will practicing these get you to a place where you can say "no" as quickly as a toddler does when you declare nap time? Maybe, maybe not. But they *can* help you reduce stress and not over commit yourself to things you didn't even want to do in the first place. It's not about saying "no," it's about creating boundaries and realizing *your* time is just as valuable as everyone else's (even if that time is spent on a solo trip to Target or vegging on the couch!). And a bonus? When you begin to place value around your time, it teaches others to do the same for you and themselves.



If you need a deep dive into boundary setting and prioritizing yourself without guilt, let's talk!

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