


HOW TO SAY NO CONFIDENTLY

AND FEEL GOOD ABOUT IT



NO
HOW TO SAY

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Stop Being A People Pleaser!

Are you someone who has a hard time saying no?

Do you feel guilty or anxious when turning someone down?

If you are answering Yes, then you are not alone! In fact most people have a difficult time saying no for a variety of reasons.

There are ways to say No that will help you feel more confident and less anxious. That allow you to honour your boundaries and do all of that without upsetting anyone.



How to CONFIDENTLY Say NO!

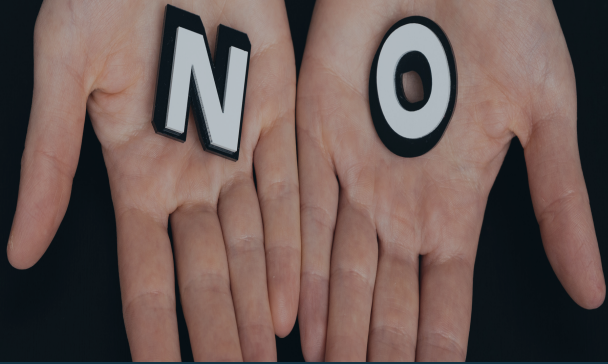
- 1) Learn to recognise your no response and work on making it feel positive.
- 2) Understand why it's hard to say no.
- 3) Know your boundaries and stick to them.
- 4) Be clear and concise when saying no.
- 5) Be assertive and courteous.
- 6) Put the question back on the person asking.
- 7) Use "I" statements instead of "you" statements.

Learn to recognise
your NO response
and work on
making it feel positive.

When you learn to recognise your own NO response, it can be empowering. This is because you are tuned in to what your body and mind are telling you, and you can start to trust these signals. However, for some people, it can be difficult to feel good about this internal signal. This is because they may have been taught that they should always put others first, or that they should never say no.

If this is the case for you, it is important to remember that listening to your own NO response is not selfish. In fact, it's quite the opposite. By honouring your needs, you are much more likely to be able to take care of others in a healthy and sustainable way. You will also find that you are more productive and happier when you are following your own path.

How can you start to listen to your internal NO response?



Think about a time when you said the word YES and you really meant it,

- Say the word YES over and over. You must really mean it and do this with conviction.
- Notice how you feel inside.
- Where do you feel the YES sensation in your body?
- Do you feel open or closed?
- What is your posture like?
- Is there tension in your body, if so, where?
- Are you smiling, frowning, or something else?

Now do the same with a time you said NO and meant it. It's important that the memory you use is a time when your NO was heard and respected.

Say the word NO over and over, you must really mean it and do this with conviction.

- Notice how you feel inside.
- Where do you feel the NO sensation in your body?
- Do you feel open or closed?
- What is your posture like?
- Is there tension in your body, if so, where?
- Are you smiling, frowning, or something else?

Notice that yes's and no's are not good and bad feelings, they are just different feelings there to tell you something, so listen to them and take note of how they feel.

Saying NO can feel as good as saying YES.

Now calibrate and amplify your yes's and no's by asking yourself these questions and FEELING the response in your body as you answer.

Am I hungry? Did I sleep well last night?
Do I like coffee? Do I like sunshine on my skin?
Do I like rain on my skin? Do I like running?
Is being sad fun? Do I enjoy swimming?
Do I enjoy conflict? Do I like snakes?
Do I drink enough water?
Do I like listening to music? Do I feel like crying?
Do I like the taste of chocolate?

Practice doing this with any question you can answer yes or no and you already know the answer.

Each time feel the yes or no, after a while you will feel your yes and no without looking for it. This means when you need it in other situations, you will feel if something feels yes or no and you can act upon that feeling or in other words, you respect your yes's and no's and that helps ensure that others respect them, too.



NO



Recognise manipulation

People and organizations often use manipulation techniques to get what they want. One way they do this is giving you the illusion that you have choices. Think about when you get a request to donate to a charity and there are forced options: "Would you like to donate £10, £20, £30, or X amount?" Another tactic: "Most people donate £20--how much would you like to donate?" This relies on social pressure. None of the options give the option of "No thank you I am unable to donate at this time." The result is people feel bad if they don't or can't donate and will often donate money they cannot afford. When someone wants something from a person, it can be hard to say no, even for a confident person. People with anxiety about saying no may feel like they have to give in and say yes, in order to avoid conflict or disappointing the other person. However, this can lead to resentment and guilt later on.

There are ways to avoid being manipulated into saying yes when you want to say no. The first is to realise that someone is trying to manipulate you, everyone is guilty of this sometimes even if we don't realise we are doing it. We don't have to call these people out, we just have to honour our own no response and stand firm within it.

Know your boundaries and stick to them.



If you want to be able to say no more confidently, you need to know your boundaries and stick to them. Having strong personal boundaries enables you to protect yourself from being taken advantage of and allows you to set healthy limits on how much you're willing to do. When you know your boundaries, you can confidently say no without feeling guilty or feeling like you're disappointing someone. Knowing your limitations is an important part of taking care of yourself, so make sure you take the time to figure out what they are.

You are responsible for your boundaries and enforcing them. Imagine your boundary as a physical thing such as a castle wall, a force field or something similar. This is a psychological safe haven, and you have to take care of those boundaries and reinforce them from time to time.



Be clear, concise and firm

When it comes to saying no, it can be difficult to know how to do so in a way that is both clear and concise. For people who have anxiety about saying no, it can be especially hard to feel confident in their ability to do so. However, there are a few things that you can do to make saying no easier.

It is important to be clear, No is a complete sentence. There is no need to go into detail about why you are refusing their request. If someone can't accept your no, then you know the person is probably not a true friend or doesn't respect you. Stand firm, and don't feel compelled to give in just because that person is uncomfortable or trying to make you feel uncomfortable about saying no. Finally, be firm in your voice when saying no. This will help the other person understand that you are serious about your refusal.



Be assertive and courteous

When you need to say no, it can be difficult to do so in a way that feels confident and assertive. However, with a few simple tweaks to your wording, you can make it easier for yourself.

Start by being polite and courteous. Using phrases such as "I'm sorry I can't right now, I will let you know when and if I can" or "I'm not able to commit to that right now but I appreciate you asking me for help."

If you are feeling anxious about saying no, remind yourself that you are doing them a favour by being honest. You are giving them time to find someone who can help them and might want to, rather than putting them off with a half-hearted response.

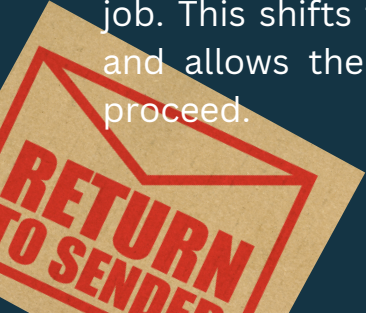
Finally, remember that it is okay to change your mind. If something comes up and you can help after all (and truly want to and haven't been guilted into it by yourself or others), don't be afraid to let the other person know.



Put the question back on the person asking

When you're asked to do something that's too much, it can be difficult to say no and that can leave you feeling very overwhelmed. You might also be worried about how the requester will react or what they'll think of you. This is particularly true of family and professional relationships. However, saying no is important! It allows you to manage your time and resources effectively.

Be clear about what you're able to do. If you're asked to do something that's beyond your capabilities or time limits, be honest and let the requester know. It also helps to put the responsibility back on the requester. Explain that while you're happy to do X, Y, and Z, you would need three weeks instead of two to do a good job. This shifts the focus back on the requester and allows them to decide how they want to proceed.





Use "I" statements instead of "you" statements

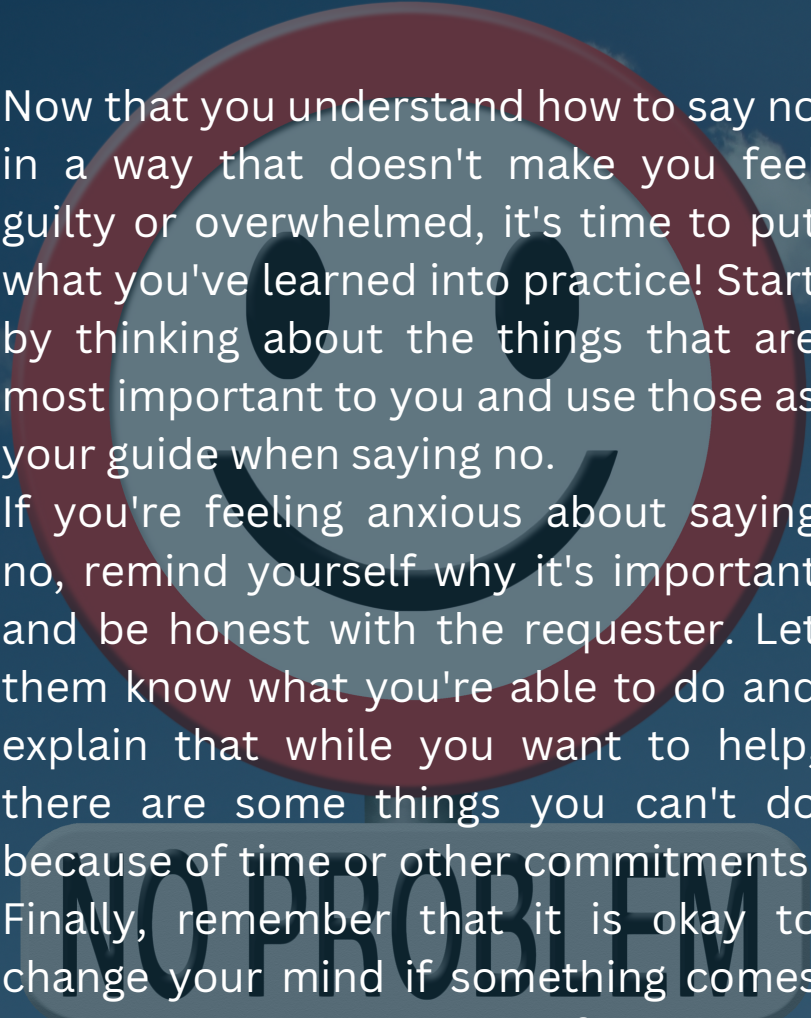
When it comes to saying no, most people find themselves struggling with how to say it in a way that doesn't make them feel guilty or like they are disappointing the other person.

One of the key differences between I statements and you statements is that while I statements are focused on how you feel or what you want, you statements tend to be more judgmental and accusatory.

or example, if someone says, “You are always asking me to do something for you!” in an annoyed tone of voice, it can come across as harsh and critical. On the other hand, if they use an I statement like “I have been overwhelmed lately and I can't help you with that right now,” it will likely be better received because it shows empathy for the other person’s feelings without making them feel attacked. Another important thing to keep in mind when using I statements is that they should always start with the word “I,” rather than being cantered on the other person. For example, it is better to say “I am not comfortable going out tonight because I have a lot of work that I need to finish up” instead of “You are always putting too much pressure on me.”

So, if you find yourself struggling with how to say no in a way that doesn’t make you feel guilty or like you are disappointing someone else, remember to focus on your own feelings and needs first, and use I statements rather than you statements when saying no. In doing so, you can be honest and direct while still considering the feelings and needs of others.

It’s okay to put your needs first. Not those of the person asking you for something. If you prioritize that person's needs over yours, you'll find your productivity and relationship will suffer and resentment will mount.



Now that you understand how to say no in a way that doesn't make you feel guilty or overwhelmed, it's time to put what you've learned into practice! Start by thinking about the things that are most important to you and use those as your guide when saying no.

If you're feeling anxious about saying no, remind yourself why it's important and be honest with the requester. Let them know what you're able to do and explain that while you want to help, there are some things you can't do because of time or other commitments. Finally, remember that it is okay to change your mind if something comes up and you're able to help after all.

Saying no can be difficult, but it's an essential skill for maintaining healthy relationships and being productive. With these tips in mind, you'll find Saying No becomes easier every time.



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I am an award winning hypnotherapist and regarded as one of the Worlds leading experts in the fields of Hypnosis, Sex Education and Sexual Freedom.

Proud to work with clients and students from across the globe to help them embrace every part of life and to lose the shame they may carry.

My passion for positive mental health and open discussion of sexual health comes from the many inspirational first hand accounts my clients have shared with me. Personal and sexual freedom are dear to my heart. I dedicate my time to helping people like you live happier and healthier lives. I hope you find these resources a source of strength and comfort and I wish you happiness and health in everything you do.