Saying 'no'

In order to protect our boundaries we sometimes need to say the word 'no'. It might be very small word but it can be a powerful one, and there's times where we can really struggle to say it even if we really don't want to do something.
There are lots of reasons we find it easier to say 'yes' to people than no. 'No' carries the risk of creating conflict or perhaps we feel as if we'll be disappointing someone. However remember:

> "Daring to set boundaries is about having the courage to love ourselves even when we risk disappointing others" *-Brene Brown*

There are lots of ways to say no to something. It's okay to try using a phrase that is still saying no but isn't as direct. These can be good to practice:

"I'm afraid I can't"
"I wish I was able to but I can't fit that in"
"I really don't feel comfortable doing that"
"Let me check and get back to you as I'm not sure what I have going on"
"I don't think I'll be able to"



Have a go at the worksheet below and see if you can plan ahead for times you need to say no and practice what you could say:

Times and situations I have said 'yes' when what I really wanted to say was 'no'	Next time I'm in this situation what could I say to protect my boundaries?