

Say NO without Feeling Guilty or Selfish



Are you tired of saying “put on a happy face” to yourself all the time?

Or maybe you don’t want to rock the boat, so you say yes instead of no?

I’m so glad you’re here because you’re probably feeling self of guilty when you say “no” to people, and I’m here to tell you, it doesn’t have to be that way!

A lot of people struggle with this - I know I did! I would spend countless hours trying to come up with an acceptable excuse to get out of things I’d said yes to.



This Guide gives you the key elements to saying no without guilt that I’ve learned over the years.

First and foremost, there is an exercise to help you give yourself permission to say no, as well as some valuable tips on how to actually say no with daily self-care suggestions to support you.

Dive into the exercise now!



Use the ones that work for you and ignore the ones that don't.

Give yourself permission

- **YOU HAVE THE RIGHT TO TAKE CARE OF YOURSELF AND SOMETIMES THAT MEANS SAYING "NO" TO OTHERS.**
- Print out the "Personal Bill Of Rights" and hang it somewhere you will see it throughout the day. Even better...make several copies and hang them in several locations.
- Pick your favorites from the list, copy them, and carry them with you so you can remind yourself throughout your day.
- When asked to do something for or with someone, **PAUSE**. Ask yourself if this is something you really want to do or have the time to do. If the answer to either is no, then that's your answer. Keep it simple.
- **REMEMBER..... YOUR WANTS AND NEEDS ARE JUST AS IMPORTANT AS THE WANTS AND NEEDS OF OTHERS.**

How to say "No" in a way that is best for both you and the other person

- Be respectful in your answer. This includes your words, tone of voice, and your body language.
- Be gracious. Appreciate them asking though your answer is "no".
- Be honest. Don't make up excuses. It is too easy to be busted and the other person will then feel betrayed.
- Practice a variety of possible responses in the mirror or with a supportive friend.
- When asked to do something for or with someone take time to really consider the request. If needed, tell the person you will get back to them. This buys you time and shows respect by giving the request due consideration rather than an automatic response.

Daily Self Support

- Search out positive affirmations on the internet and at bookstores. There are many resources out there. Have fun searching for the ones that speak to your heart.
- As you collect the affirmations that speak to you, place them around the house, your office, your car, and any other place you can think of, so you see them multiple times a day.
- Treat yourself to the same consideration and respect that you afford others...every...single...day.
- **REMEMBER.... YOU ARE JUST AS IMPORTANT AS EVERYONE ELSE. TREAT YOUR-SELF THAT WAY.**



Suggestions for success...

You Can Do This !

- Now that you've given yourself permission to say no, and you know how to say no, you may notice some fears coming up.
- The little voice inside your head may be telling you all the reason why saying no is still a bad idea.
- If you experience this, know that it is part of the process.
- Most of the people I work with need help letting go of those fears because knowing how to say no is just one piece of the puzzle.
- Of the tools and techniques I learned over the years to help me and my clients, the one that made all the difference was EFT, or Tapping.
- Once I learned this skill, it was so much easier to let go of the fears and beliefs that had been holding me back.
- And it works just as well when helping clients release similar fears and beliefs that were holding them back too.
- Tapping makes room for new healthy thinking patterns that allowed you to easily say yes or no without feeling guilty, selfish, or afraid of what others would think.

If you'd like my help fast-tracking the process, sign up to have a conversation to see if and how I may be able to help you.

[Book an Appointment](#)



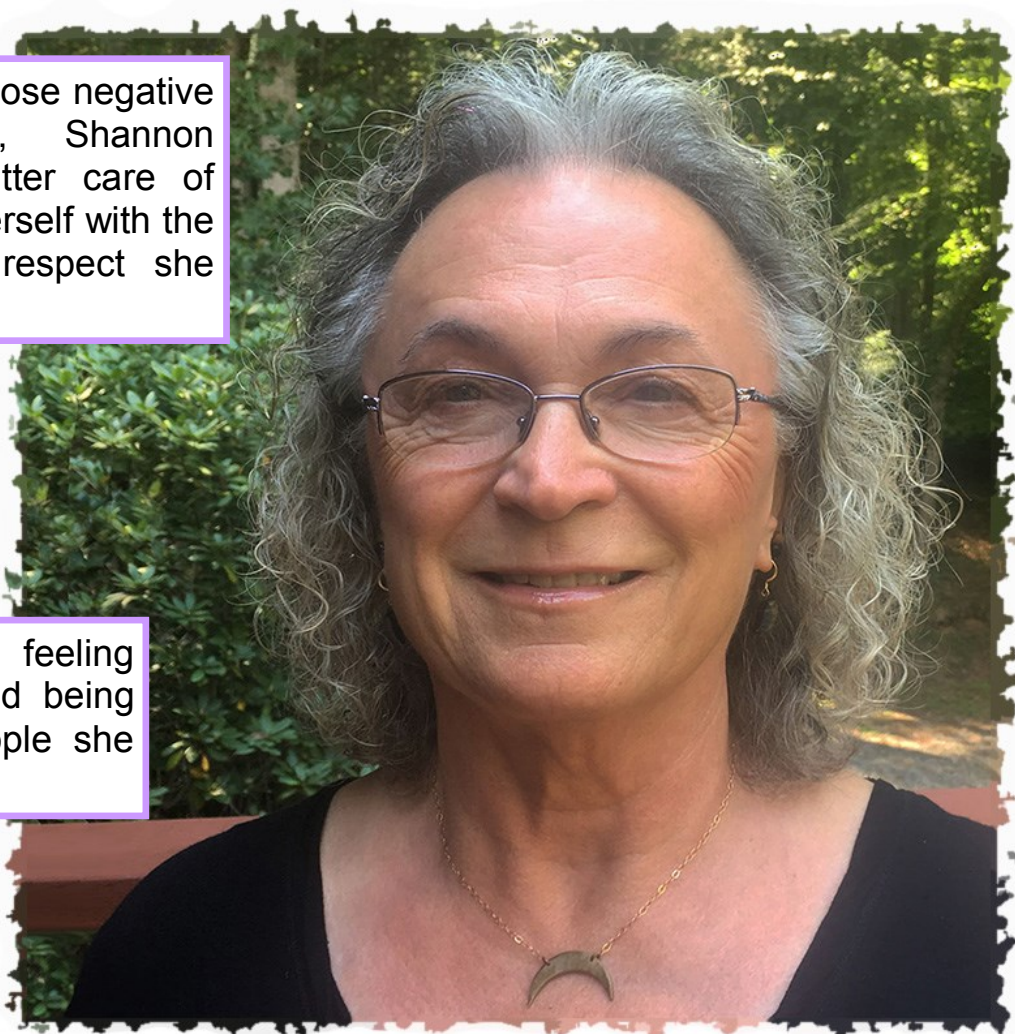
About Shannon...

Shannon Buck Helps!

Shannon learned how to turn off the internal voice that was telling her how selfish she would be if she said no... that the person would be angry with her and not like her anymore...that she should feel guilty. Shannon learned that she was the one creating those thoughts and feelings... not the other person.

As she let go of those negative untrue thoughts, Shannon started taking better care of herself, treating herself with the same love and respect she gave to others.

This led Shannon to feeling good about herself and being authentic with the people she cared about.



Personal Bill Of Rights

I have A RIGHT To...

- Say **NO** and not feel guilty or selfish
- Experience and express all my feelings
- Treat myself with respect and love
- Be treated with respect by others
- Take time for myself
- To make mistakes and not be perfect
- To follow my dreams
- To be the best Me I can be
- To have wants and needs
- To voice my wants and needs
- To change and grow
- To be happy
- To feel good about myself
- To only be responsible for my own feelings, thoughts, choices, and behaviors
- To do less than I am humanly capable
- To ask for what I want
- To change my mind
- To act only in ways that promote my dignity and self-respect as long as others are not violated in the process
- To nurture, love, care for, and value **myself** as much as I do others who are important to me
- To step back and respect the feelings and decisions of others even when I don't like them

