

ACCELERATED JOYWORKS

RELATIONSHIP COACHING

choose
joy

WHERE ORDINARY AND EXTRAORDINARY BECOME ONE

Need some helpful tips to say NO? Read on!

- No is a complete sentence so be direct.
- Don't offer an apology or regrets.
- Don't offer an explanation or a series of reasons/excuses.
- Remember to be polite in your refusal.
- Don't lie.
- Be firm.
- Don't wait until you're fed up.
- Remember that a no now saves you from feeling guilty later.
- If your friend can't accept NO for an answer, recognize it as her problem not yours.
- Practice saying no.
- Practice setting boundaries
- Don't say "Maybe" or "I'll think about it" if you don't want to do it. This will just prolong the situation and make you feel even more stressed.
- Remember that your self-worth does not depend on how much you do for other people.

Learning to say no has been one of the hardest and best things I have ever learned to do for myself. It has challenged me to overcome my fear and anxiety about being judged, my fear of rejection and FOMO. It has also helped me to set effective boundaries so that I am in control of how much is on my plate. I no longer feel trapped, resentful, or guilty. Rather, I feel empowered and free.

If you want that same feeling of freedom and empowerment, then take control, challenge yourself, and learn to say no. And lemme know if I can be of any help!



Founder of Accelerated JoyWorks

Tiffany M Bastedo is a holistic relationship coach. She has had a strong interest in relationships all her life and has developed that into a deep passion to support others in finding their way home to loving themselves and others in a safe, meaningful, and purposeful manner.

www.acceleratedjoyworks.com

520-404-6008