

# The Guilt Free You

by Angie Johnsey

## The Problem:

Saying yes to request on your time and energy which adds stress to your mind and body.

## The Solution:

What your mind will need is to feel safe to say no, a rehearsed graceful way to say no, and a new habit of thinking request through or ask for more information before committing.



Wish you could learn to say no? You can! [Click here now.](#)



## Take Time to Think it Through

Take time and think about why you say yes to people, especially those occasions where you jump all in at the mention of the idea only to realize it took more of your time and energy than you had to spend. It's important for you to develop a solid rule to "never give an on the spot yes". This will give you time to check out the details of the request and allow you to work these details out in a way that would be the least compromising on your time and energy.

Why do you say yes to people? \_\_\_\_\_

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What types of things to you say yes to that you usually regret? \_\_\_\_\_

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What could you have planned to say instead of an “on the spot”  
yes? \_\_\_\_\_

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## Feeling Safe to Say No

Many times we say yes to things out of fear of saying no. In the past you may have said no and it upset someone. Maybe in the past when you were a child, you said no to a parent and were punished for doing so. Maybe a friend asked you to play a game and you said no and they became angry and said they weren't going to play with you anymore. If you have been manipulated with fear, guilt, or shame by people in your life, saying no will require healing some past wounds.

We lose our personal freedom when we fear saying no. We give of our time and energy in ways we really don't want to in order to avoid conflict.

Are you afraid to say no? If yes, then  
why? \_\_\_\_\_

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Is there a past experience that made you afraid of conflict? If yes, then  
what? \_\_\_\_\_

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No that you are older, what is a new way you could think that will make it ok for you to say  
no? \_\_\_\_\_

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## Saying No Gracefully

If we can have a graceful “no” statement all planned out, we will never be caught off guard by situations and say yes when we really want to say no. Think about a “no” that you would respect and understand if you had asked someone for something and they declined. Just be honest. If you would really like to do the request but are unsure if you have the time in your schedule, say so. If you are certain you do not want to do something, say, “thank you so much for considering me, but I don’t think that is for me, or I don’t know that I am quite ready for that.

Maybe you need more information first. Say, “That sounds really interesting. I just need more information and time to think about what it is I need to know and what I have time to do before making a commitment. I value following through and I just want to make sure that I have the capacity to fulfill that request.”

Always remember that when others ask things of you, what they are asking for is your time and energy. Make sure you have some to spare before saying yes. Remember, this is about reducing your mental stress.

***The disappointment or happiness of others is not your responsibility. If you take on that responsibility, you will live an unhappy life full of stress and guilt.***

Write a “no” statement that you can use to say no in a kind way. \_\_\_\_\_

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Write an “I’m excited and interested but need more information statement” that you can use when needed. \_\_\_\_\_

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Whose happiness have you decided is your responsibility? \_\_\_\_\_

\_\_\_\_\_.

Why do you feel responsible for their happiness? \_\_\_\_\_

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How does having this responsibility impact your life and happiness level? \_\_\_\_\_

\_\_\_\_\_.

***Saying yes when we want to say no opens the door to bitterness and resentment and creates mental stress.***

