



The Power of Saying No

As people recovering from co-dependence, one of the important skills we must learn is how to say no, without shame and guilt.

Getting to the Power of Saying No requires us to reflect. Ask yourself these questions and answer them honestly.

1. Where in your life do you have trouble saying NO? This is where there is a NO to be said, however, you have difficulty saying it and holding firm to it.
2. How does this effect you emotionally, physically and financially?
3. How do you FEEL when you don't say NO? Do you experience resentment, anger or anxiety?
4. What is YOUR story behind not saying NO? Are you addicted to that story?

We say "YES" to stay connected and keep people in our lives, however, when we don't say NO and feel resentful, angry and anxious, we become more disconnected from them and ourselves.

This is an unhealthy game to play. The Power of Saying No is when we've learned to say NO without guilt and resentment or without a drama or story attached to it.

Any situation which requires you to make a decision, is the opportunity to practise this exercise of reflection and self-enquiry.