

## People Pleasing and How to Say No

***"Whenever you say yes to something you are saying no to something else."***

Every day people make critical decisions based on what others want, knowing on one level that they're committing an act of self betrayal.

Some guidelines for staying strong:

1. **Buy some time.** - Put space between the request and your answer. Let them know up front you may not be able to oblige. "I've recently made a decision to limit the commitments I make, so I may not be able to do this."
2. **Do a gut check.** - On a scale of 1 - 10, how much do I really want to do this? The closer your answer is to a 10, the more you should consider saying yes. If it's not a hell yes, it's a hell no.
3. **Tell the truth directly.** - Craft a message with grace, love, care, and respect.
4. **Telling the truth:**
  1. Be honest about how you feel without overexploiting yourself. Be direct "I feel bad about letting you down, but I need to..." instead of wishy washy, "I don't think I can do it, but if something changes I will let you know" Allow your humanness to shine through.
  2. Tell the truth directly, plain and simple. Stick to one or two concise lines and explain briefly if need be why you can't fulfill the request.
  3. Ask how you can support them with the need **ONLY** if you have an ethical responsibility that relates to a particular person or situation.