

## 1: Learning to Say 'No' | HuffPost

*The Freeing Power Of Learning To Say No I don't know about you, but I have always had a hard time saying "no", especially to people who I am close to or who I know are super deserving of my time and help.*

Many of us feel compelled to agree to every request, and would rather juggle a million jobs than refuse to help, even if we are left with no time for ourselves. But learning to say no can earn you respect from yourself as well those around you. So why do we continue to say yes? It could be that we believe that saying no is uncaring, even selfish, and we may have a fear of letting other people down. On top of this may be a fear of being disliked, criticized, or risking a friendship. Interestingly, the ability to say no is closely linked to self-confidence. Perhaps overbearing parents or experiencing parenthood yourself has encouraged this tendency. Women in particular are prone to falling into the trap. A vicious circle develops in which the people around you expect you to be there for them all the time and comply with their wishes. Being unable to say no can make you exhausted, stressed and irritable. It could be undermining any efforts you make to improve your quality of life if you spend hours worrying over how to get out of an already-promised commitment. If your spare time is taken up with committee meetings and myriad other engagements, your family may be suffering.

**Top Tips for Saying No** Keep your response simple. If you want to say no, be firm and direct. Buy yourself some time. Only do so if you want to agree with the request, but have limited time or ability to do so. Suggest ways forward to suit both of you. Avoid compromising if you really want or need to say no. Separate refusal from rejection. People usually will understand that it is your right to say no, just as it is their right to ask the favor. It is important for them to hear no from time to time so that they develop a sense of self-control. It is hard to negotiate adult life without this important skill. Rather than cave in to their protests, let them know who is in charge by setting boundaries. Be true to yourself. Be clear and honest with yourself about what you truly want. Get to know yourself better and examine what you really want from life. Reference and other resources.

## 2: Simple and Serene Living: LEARNING TO SAY NO WITHOUT EXPLAINING YOURSELF

*Learn to say 'No' without explaining yourself meaning. We are quick to judge others, when someone says no. We judge them, we say he does not want to help, he is not the friend that I thought he was, or she does not like me enough, or the employer is clueless he does not know what I can do for him and for the company.*

It is an act of love for me to say no. This is one of my all time favourite Radical Self Love mantras I have. We have grown up in a culture which has conditioned us on many levels to fear saying and claiming what we want. There comes a time in all of our lives when we are faced with saying no and staying true to ourselves. How to deal with the guilt that comes up when we speak our truth. Phase One If you are feeling like you have to explain why you are saying no, it is an indication that you have been saying no to yourself for a long time and saying yes to the world at the expense of your own true happiness. The impact of compromising in this way breaks our personal integrity. We give up a piece of who we are. Doing this enough times leads to an experience of energetic fragmentation. Energetic fragmentation is simply the scattering of our soul energy. When we give up ourselves for others energetically we give up a piece of who we are and unconsciously give the other person control over our soul energy. In this phase of awakening we become acutely aware of all the ways in which we have given ourselves up. Phase Two Once we are aware of the places in which we have given up ourselves we can begin the reclaiming process. We must command our spirit back. This means doing the exploration to identify the places, people and circumstances in which we have given away our power. Then we do a lil self lovin forgiveness work. Self Loving Forgiveness The commanding of our spirit back will require you to get radically real about where you gave yourself up and approach it from a space of empowerment. You did the best you could with the consciousness you had. When you know better you do better. Next one by one you are going to pull the circumstance, person or place in which we gave up our power and bless it with love. I forgive myself love myself. I forgive you and I love you. Thank you for teaching me this precious lesson. I now release you from playing this role for me and willingly command my spirit back. In this stillness you will begin to feel the experience of your soul piece returning. Some pieces come back quicker than others. This is a fabulous practice to include into your daily RSL Routine. We are all human and we all give up pieces of who we are along the way so we can learn to reclaim our power and become incredibly present to our divinity. It is a sign you have ignored your intuition for too long and your confidence has suffered a bit of a blow. Your perception of their lack of acceptance reflects your own inner insecurity with yourself and your choice. You are building a new muscle and for the first little while you are going to feel uncomfortable. The length of time you feel uncomfortable is total under your control. Especially if it means you are now standing up for yourself inside a relationship where you previously allowed yourself to be walked over. When you are feeling like you are being challenged by someone on your belief system, remind yourself that your discomfort is a function of your ego not wanting to let go of a past, disempowering way of being. Not everyone is going to like what you have to say when you start speaking your truth and darlings that is totally ok. One of two magical things will happen the more consistent and confident you become at speaking your truth: Meaning you will start to attract people who are more on your wavelength who understand and respect where you are coming from. The more self assured you become the more your community will naturally acclimatize to your authenticity. They may need a little time to get used to it, but they will indeed get used to it and then come to know you as someone who now unapologetically speaks their truth – which is a pretty rad thing. How to increase the confidence when it comes to speaking your truth Feeling confident about ourselves goes hand in hand with speaking our truth. So to enhance our success and our feeling of acceptance both internally and externally we must also develop our confidence and give ourselves mega acknowledgment. The 30 Day Radical Self Love Program is designed for this exact transformation and inner development work. Do more of what you are naturally good at. When we put ourselves into situations where we will naturally shine our confidence gets a massive boosting. We all have a couple things we know we are just rockstars at, give yourself permission to do more of those things and make it a regular daily occurrence. Walk through life with an engaged core. When we activate our core we hold

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ourselves higher AND on an energetic level we activate our solar plexus which is our storage unit for confidence, self assuredness and self love. Practice tightening your core any time you are walking or sitting. If you really wanna take it up a couple notches add a plank exercise into your daily routine. Holding plank pose is a fabulous way to develop those muscles, activate the core, tone everything up and activate the yummy self confidence waiting to be set free in your solar plexus. Give yourself some credit. We are often so focused on where we are lacking that we deplete our self confidence and self love tank without even noticing what we are doing. Giving gratitude and acknowledgement to yourself for all the greatness you are up to helps strengthen our confidence in a massive way. When we are thriving in positivity land we can HEAR the voice of our intuition clearly. Remember this is a process. Remember this is much like training at the gym. The same goes for our self love and inner journeys. It will take time. Be patient and loving and enjoy flowing with the journey of your own awakening. The more you begin to get comfortable with saying no to things that are really a no and yes to things that are really a yes your quality of life quickly begins to skyrocket. You have every right to thrive, be happy and live a life that honours your internal knowing. People will do what they do and say what they say and in the end none of it has anything to do with you. Keep rockin your truth lovers!

### 3: Learn to say 'No' without explaining yourself

*Learn to say no in situations where saying no can be difficult, where it could mean getting fired. Say no anyway, because it could lead you to greater opportunities. Say no anyway, because it could lead you to greater opportunities.*

### 4: How to Learn to Say No: 14 Steps (with Pictures) - wikiHow

*LoveThisPic is a place for people to come and share inspiring pictures, quotes, DIYs, and many other types of photos. The user 'Dreamer' has submitted the Learn To Say No Without Explaining Yourself picture/image you're currently viewing.*

### 5: Heartless Quotes on Instagram: Learn to say no without explaining yourself.

*Learn to say "no" without explaining yourself. Live life happy quotes, positive sayings posters and prints, picture quote, and happiness quotations.*

### 6: Learn To Say No Without Explaining Yourself =| Quotes, Quotations & Sayings

*Learning to Say 'No' By Dr. Nikki Martinez, Psy.D., LCPC This is an issue that is of particular interest to me, as it is an issue that I struggled with for years myself.*

### 7: Learning To Say No

*Learn The Gentle Art of Saying 'No' without being rude - Improve Your Communication Skills - Duration: Skillopedia - Skills for the real world 79, views.*

### 8: Learn to say "no" without explaining yourself.

*via YouTube Capture. Toward a No-cost Garden: Grow Your Own Food for Next to Nothing (Frugal Gardening) - Duration: OYR Frugal & Sustainable Organic Gardening , views.*

### 9: JOMO: Learn to say no without explaining yourself

*If you are feeling like you have to explain why you are saying no, it is an indication that you have been saying no to*

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*yourself for a long time and saying yes to the world at the expense of your own true happiness.*

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