



9 TIPS FOR SAYING
"NO"
WITHOUT FEELING
GUILTY

AND MAKE DECISIONS YOU WON'T REGRET



"NO." Is A Complete Sentence

How many times have you found yourself in a situation you regretted because you said "YES" instead of "NO"? I want to equip you to feel confident and proud of the decisions you make without feeling the need to justify or people-please. Saying "NO" can be one of the most freeing word that gives you the control and ownership you so desperately want.

Here are a few questions to coach yourself through determining if it's a "Hell YES!" or a "Hell NO!"



9 Reasons You Say "YES" When You Really Wanted to Say "NO"

1. You believe it would be "wrong" to say no.
2. You want to be liked. If you say "no" they may not think highly of you.
3. You want to look like you can do it all. Saying "no" would make you look bad.
4. You don't want to feel guilty and disappoint others.
5. You want people to think you are competent so saying "yes" means you have all the information.
6. You are loyal and don't want to turn people down.
7. You need to stay positive and "No" is so negative.
8. You need to be in control and saying "yes" keeps you in that position.
9. You don't want to cause conflict so saying "yes" keeps the peace.



9 Ways to Say "NO" as a Complete Sentence

1. **Be discerning** "It's just not the right thing for me to do at this time"
2. **Be humble** "Thank you so much for thinking of me but I can't"
3. **Be honest/real** "Thanks for the invite but I'm a bit overwhelmed right now."
4. **Be self-aware** "Thank you but my stress level is pretty high for me right now."
5. **Be wise** "I know I could do this but not at this time"
6. **Be loyal to yourself** "Thanks, but I told myself I wouldn't take on any more responsibilities at this time"
7. **Be realistic** "I'm trying to manage my priorities/time and this just doesn't fit into my schedule"
8. **Be decisive** "No."
9. **Be at peace** "I'd love to but I would need to clear too many things to make this happen."



Questions to Ask Yourself Before Making a Decision

1. How will this affect other people?
2. Can someone else do it?
3. Does it fit into my schedule/life right now?
4. Whom am I trying to please?
5. Am I avoiding something or someone?
6. What am I sacrificing?
7. Do I need to sleep on it?
8. What is my gut telling me?
9. Do I feel obligated and guilty?

BONUS

Is it a "Hell Yes!", "Hell No!" or just "Not Now"

Flip a coin. The side you wish it lands on is your answer.



Thank You!

I hope you found this guide helpful to equip you to make confident and wise decisions in all parts of your life. If you would like help with specific decisions and boundaries you want to put in place, feel free to reach out. I'd love to chat and lead you on your journey.

Erin Slutsky



ERINSLUTSKYCOACHING.COM