



Courage Compass
THERAPY

*Done with being a doormat:
20 Ways to Say NO
+
THE 1 thing to say to yourself
beforehand*

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Hey there closet people pleaser. **You are SO not alone.**

Many of us, myself included (as I'm a recovering perfectionist and therefore, a recovering people pleaser), have fallen into the pattern of trying to gain acceptance, approval, and love by trying to be all things to all people.

You want to be able to say no with abandon, not feeling trapped by what others will think.



But that's not realistic because you worry about these questions:

- If I say no, what people will think of me?
- If I say no, they might be upset
- If I say no, they might think I'm selfish
- If I say no, they might think I'm lazy
- If I say no, they might think I'm a bad person
- If I say no, they might not like me
- If I say no, they might get angry with me
- If I say no, they might reject me.

Here's the COLD. HARD. TRUTH. #sorrynotsorry

As much as you've convinced yourself you CAN control what others think, as much as you've assumed it's your responsibility to take care of others' feelings, as much as you think you need to do things for others to earn their acceptance, it's all **NOT TRUE.**

You are **ONLY RESPONSIBLE** for the way you communicate your intentions. You cannot control what others think, how they feel, nor can you control whether they approve or disapprove. **You control you.** That's it.

THE **ONE** THING to say to **YOURSELF** before you **say no** to others

To gear up for saying no, say this to yourself:

**I will no longer
make myself
uncomfortable for
him/her/that.**

By saying this, you give yourself permission to say one of these 20 phrases below, or one of your own. You do not have to do things you don't want to do. You do not have to do things that make you uncomfortable. There are other ways to find common ground, a solution to a problem, or people to get @#\$% done that don't involve you. Period.



20 Ways to Say No

1. I'm going to pass.
2. You caught me at a terrible time.
3. I'm just not comfortable with that.
4. Please cross me off your list.
5. It's just not right for me.
6. Not right now/today/this month/this year
7. My girlfriend/boyfriend/partner/spouse would kill me if I took on anything else/committed to anything else
8. I don't want to say yes and then let you down.
9. I made a resolution to start saying no more often
10. I don't have the time.
11. Here's what will work for me.
12. I'll need to get back to you/I'll let you know when I can
13. I need to think about it.
14. This is so hard for me, but I need to decline.
15. What are the other options?
16. My schedule is up in the air right now.
17. That isn't doable for me right now.
18. Thank you so much for asking, but I can't.
19. It's not my intention to let you down, but I'm just not able to help with that right now.
20. Until I check, let's assume I can't.



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Hey again, I'm Anya, the owner of Courage Compass Therapy. I work with people who feel distraught about knowing the "right" thing to say, or who **struggle with saying no**. Then they agree to things they don't want to do and end up resenting the person who asked.

They feel like they **"should"** be nicer, they should help everyone at the expense of their own time, happiness, and energy.... the list is never ending.



Through our work together in groups or individual sessions, they learn:

- ♥ To embrace themselves as imperfect and enough.
- ♥ How to communicate with grace and kindness while still holding firm.
- ♥ What true self-care looks, feels, and sounds like without feeling like it's an indulgence.
- ♥ To cultivate quality relationships based on shared values, interests, and mutual respect.

If you'd like more personalized attention or have questions about saying no without guilt, please give me a call or shoot me an email. I'd love to connect with you.



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