

Saying No Worksheet

Your full name: Eric A. Masters

Your therapist's full name: Stanley I. Gargantiel

Date submitted: January 31, 2024

Please answer the following questions. Be as detailed as you can.

- 1. What were and are your beliefs regarding saying NO? You can talk about beliefs that you currently have or ones that you used to believe regarding the phrase.**

It's unkind, uncaring and selfish.

It's rude and aggressive.

It will hurt and upset others.

It will make others feel rejected.

- 2. Have you ever been reluctant to say NO or were unable to say NO to a person? If so, what made you feel reluctant or unable to say it? Describe the situation. If you said YES to this person, were there any consequences to your decision?**

Several times.

It's hard for me to say no to my family (though, they haven't really requested anything unreasonable). Though, there have been times when I didn't want to say yes because I was tired from work.

It's hard for me to say no to my boss because if I do, I lose any chances for a promotion. The last time I said no to a commanding officer, they made my work life a living hell.

Having Your Baby When Others Say No

S Marginson



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