FREE WORKSHEET

Saying No *Without Shame*

A practical worksheet for anyone who has said yes with their mouth while their whole body said no. Every healthy no protects a deeper yes.

Step 1 · Notice your automatic yes

Think about the last two weeks. Where did you say yes when you meant no?

WHAT I SAID YES TO	WHAT I REALLY WANTED TO SAY	HOW IT FELT AFTERWARD

Step 2 · Find the story underneath

When did saying no first start to feel unsafe or selfish for you?

What do you fear will happen if you say no?

Step 3 · Name your deeper yes

A boundary is not a wall; it protects what matters most. What are you protecting?

- [ ] My peace
- [ ] My health and energy
- [ ] My family and relationships
- [ ] My purpose and goals
- [ ] Other: _____

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Step 4 · Practice kind, clear no's

You don't owe a long explanation. Try one of these, or write your own:

- "Thank you for thinking of me. I'm not able to take that on right now."
- "That doesn't work for me, but I'd be glad to help with ____ instead."
- "I need to protect my time this week, so I'm going to say no."
- "Let me check my capacity and get back to you by ____."

My own words for a healthy no:

Step 5 · Handle the guilt

Guilt doesn't always mean you did something wrong. Sometimes it means you did something new.

When the guilt shows up, I will remind myself that…

My boundary commitment

THIS WEEK, I WILL SAY NO TO…	SO I CAN SAY YES TO…

> *"Every healthy no protects a deeper yes."*

Read the full blog post, *Saying No Without Shame*, at **boldandempowered.com**.

This resource is for personal reflection and growth. It is not a substitute for counseling, therapy, or medical care. If you are in crisis, please reach out to a licensed professional or call or text 988 (U.S.).