

SETTING BOUNDARIES

SIMPLE

WAYS TO SAY

NO

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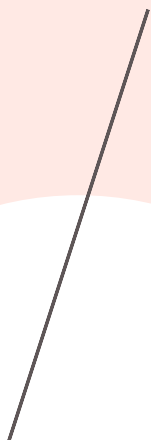
PEOPLE
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03

SIMPLE
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NO

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01



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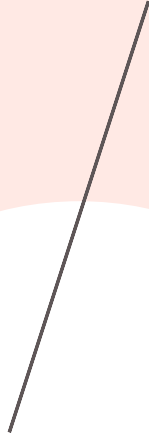
Do you find yourself constantly saying "yes" to every request, even when you don't want to? Do you struggle with setting boundaries in your personal and professional life?

If so, you're not alone. Many individuals with people-pleasing tendencies struggle with establishing and enforcing healthy boundaries. However, setting boundaries is essential for personal growth, self-care, and healthy relationships.

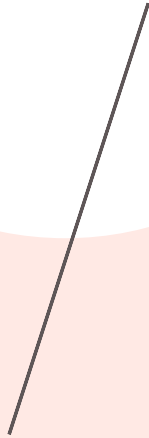
Boundaries are limits we set for ourselves and others in our lives. They are key for maintaining our physical and emotional well-being, communicating our needs and expectations, and establishing strong relationships.

Despite the benefits of setting boundaries, many individuals struggle with establishing and enforcing them. Some common barriers to setting boundaries include fear of rejection, guilt, and conflict avoidance. These barriers can prevent us from prioritizing our own needs and can lead to resentment and burnout.

02



P E O P L E
P L E A S E R S M A Y
F E E L L I K E



02

People pleasers are individuals who prioritize the needs and expectations of others over their own. While this may seem like a positive trait, it can be detrimental to one's mental health and relationships.

Here are some of the most common negative emotions experienced by people pleasers and why they arise:

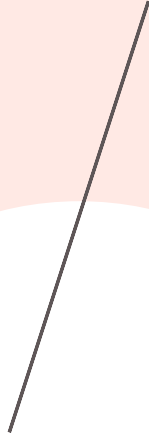
Guilt: People pleasers often feel guilty for saying "no" or prioritizing their own needs over others.

Fear of rejection: People pleasers may fear that setting boundaries or expressing their needs will lead to rejection or abandonment.

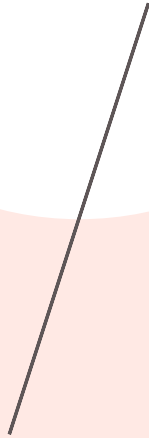
Resentment: When people pleasers consistently prioritize others over themselves, they may feel resentful towards those they are helping.

Burnout: People pleasers may take on too much and neglect their own self-care, leading to burnout and exhaustion.

03



S C R I P T S T O
S A Y " N O "



03

Saying "no" can be difficult for many reasons, such as fear of rejection, guilt, and a desire to please others. However, always saying "yes" can lead to burnout, resentment, and strained relationships. By learning to say "no" effectively, you can prioritize your own needs and expectations while maintaining healthy relationships.

Here are some practical scripts for saying "no" in a kind and respectful way:

Use "I" statements: Express your needs and expectations using "I" statements, such as "I need some alone time right now" or "I would prefer if we discussed this at a later time."

Express gratitude: Show appreciation for the request and the person making it, such as "Thank you for thinking of me, but I won't be able to attend lunch."

Offer alternative solutions: If you're declining a work request, suggest an alternative activity that works better for you, such as, "I can't attend the meeting on Friday, but I can send you my feedback via email." This can show that you value the opportunity, while still setting boundaries.

In conclusion, setting boundaries and saying "no" can be a powerful tool for safeguarding your energy, time, and inner peace.

Remember, you have the right to prioritize your own well-being and needs. By learning to say "no" in a polite and respectful manner, you can create a healthier and happier life for yourself.

Additional Resources:

"The Art of Saying No" by Damon Zahariades

"Boundaries: When to Say Yes, How to Say No To Take Control of Your Life" by Dr. Henry Cloud and Dr. John Townsend

"The Power of No: Because One Little Word Can Bring Health, Abundance, and Happiness" by James Altucher and Claudia Azula Altucher

Thank you!
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