

Name:

Date:

# Struggling with “No”

Saying “no” can be really hard and it’s important for us to explore why. The more we can understand our feelings and fears around saying “no,” the more likely we are to be aware of it the next time. Creating awareness is how we start to make change!

## Explain the situation

*What was asked of you? How did you feel?  
Who? Where? Why?*

## Why didn’t you say “no?”

*Why do you think you said “no?” What fears or  
feelings informed this choice? What beliefs do  
you have about what would happen if you said  
“no?”*

## What are the consequences?

*How will not saying “no” affect you? Are there possible negative outcomes for not saying no? How would  
this be different if you had said “no” instead?*