



Episode 163: Why Can't I Say No?

It's never easy to say no, especially after we've given our word to someone. There's so much guilt and shame in letting people down and having to compromise our values. So we say yes and yes, even if we already have too much on our plate. But we have to remember: saying no is essential for preserving our well-being, nurturing healthy relationships, and establishing a true sense of self. When we struggle to say no, we inadvertently prioritise external validation over our needs and values.

In this quick dip episode, Rachel explores the root causes of people-pleasing tendencies and shares strategies for overcoming this challenge. We may believe that constant work and self-sacrifice are necessary for achievement. However, when we prioritise our well-being and learn to say no, we can cultivate a sustainable and fulfilling path in life. As we begin to value ourselves, not for what we do but for who we are, we can truly appreciate the power of saying no and the freedom it brings.

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Quote to remember:

‘Saying no starts with your mindset. It starts with your self-value, your self-worth.’

What You Will Learn

In an increasingly demanding world, learning to say no is crucial for personal well-being and maintaining healthy boundaries. It is an act of self-compassion. Acknowledging your worth, regardless of your accomplishments, is an essential component of this process. This will help you transform your mindset and develop more balanced relationships.

The journey begins with introspection. You will reflect on your personal experiences with people-pleasing and saying no to cultivate self-awareness. The aim is to unveil thought processes and emotions that arise in challenging moments.

Next, you will identify triggers and drivers in situations where saying no feels daunting. Identifying these triggers leads to the underlying issues you need to overcome. You will also reflect on situations that evoke feelings of guilt or shame. By acknowledging these emotions, you can nurture a kinder and more compassionate inner dialogue.

You can further explore your motivations and tendencies through universal profiling tools, such as the Enneagram. This illuminates potential areas for growth.

Assessing progress is vital as you reflect on your confidence in saying no. Saying no does not come easily to everyone. But what matters is that you're taking action to change for the better. Lastly, you will create a personal toolbox. This will contain pointers for maintaining mental well-being and overcoming people-pleasing tendencies in the future.

A healthy mindset, clear boundaries, and a sense of self-worth are crucial to healthcare professionals. When we set boundaries, we embrace self-compassion. This, in turn, enables us to serve others more effectively.



Activity: I Can Say No

Reflect on your experiences with people-pleasing and saying no. Write down some of the internal monologues you have experienced during these situations.

Determine your triggers and drivers. Identify situations where you find it particularly difficult to say no.

Have you been in situations where you noticed feelings of guilt or shame arising? How did you deal with those moments? How do you plan to address those situations from now on?

Use a personality profiling tool like the Enneagram to understand your motivations and tendencies better. How close does it reflect your perception of yourself? What are some things you've learned from the test?



How can you change your internal stories and limiting beliefs? Challenge at least three of your negative stories and limiting beliefs. Replace them with healthier alternatives.

1.

2.

3.

Are you confident that you can say no when necessary? Can you maintain your boundaries in the face of shame or guilt?

Write some pointers for yourself the next time you're tempted to break your boundary. It could be a helpful tip to remind yourself or consequences of not saying no.

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