

The Gift of Saying No

March 6

A friend talked about how hard it is to say the word, *no*. Such a small, inconspicuous two letter word can hold angst and incredible fear for many.

Some of us grew up with strong messages of, “Don’t you dare say no!” and that if we did say it, we were uncooperative, hurtful, or selfish. So, we stifled ourselves and went along to get along, silently wishing we had just said no and walked away. Obsessed with what others would think, too shy, or too uncomfortable to appear contrary, we often let ourselves down. We found consolation in the fact that we disappointed no one except ourselves with our silence and punished ourselves for the sake of others.

Learning to say no begins when we make a pact promising to be true to ourselves first. If we are honest, imagine how many times we would have said no instead of yes? Saying this assertive word takes practice but as we say no to silly, inconsequential matters, we begin to take our power back. We get to practice when our children ask to sleep overnight at a friend’s house, and we prefer they stay home. We practice when our husband says he’s ready for us to leave for the game, when what we want is to stay home and do what we want to do.

Saying no moves us *beyond* the mistaken belief that we do not deserve to say what we mean.

Recovery *expects* us to say no as we become stronger and elevate our voice. When we say no because saying yes would have negative life-altering implications for our family, or ourselves, we do so automatically and with conviction, because we’ve practiced our truth on much smaller situations and have suffered only minor repercussions. We will not be swayed, nor will we change our minds. We’re ready to be heard and believed. No *always* means no.

TODAY’S MEDITATION

Thank you, God, for my inner-child who grows stronger when I say no. My voice resonates with strength, foreign but assured, as I protect boundaries for myself, and those I love.

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“Trusting your gut is always the best thing - no matter what people around you insist you should be doing or saying or thinking. Only you know and once you live in truth, your heart is completely free.” — Liberty Ross