Saying Yes

The Power of Saying No

We’ve all had times when we say yes to someone but really want to say no. It’s often difficult to say no because of the desire to be loved: we want to be helpful, we want to show we care, but we may have little to give, are tired, overworked, or need alone time.
Do you feel that if you there for someone, they may reject you? Or that you’re somehow obliged to help as it makes you a ‘good’ person, parent or friend? Do you ever feel validated by being needed? It’s easy to believe that any time you take to relax or meditate is time that could be used elsewhere.

But taking time out doesn't mean it is selfish or even wasted time. Think about what happens when your day is spent constantly caring for others. Do you get resentful, irritated, or even angry? Do you find stress building up? Does the quality of care that you offer become affected by that inner tension? Or are you so used to being this way that it seems impossible to imagine being any other way?

You may even think you’re not the relaxing type, or that if you do relax you won’t be able to cope with all the things you have to do. However, by taking time for yourself, by lowering your blood pressure and releasing stress, you are immediately creating a more harmonious environment that can only benefit all those around you. When you take time out to be quiet it means you don’t get so angry, resentful, or frustrated; instead, you connect with who you really are. Then what you share with others is coming from that peaceful space.

When you are energized and feeling good you will be able to do far more than if you are dragging yourself through your day with little energy or in a bad mood.

So, rather than being selfish, such activity is actually the least selfish thing you could do! This is when saying no to others means you are affirming yourself. The power of saying no is that you are empowered!
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