

The Soft Strength of Saying No

Relationships & Boundaries

This worksheet is designed to help you explore your relationship with boundaries and learn how saying "no" can be a soft yet powerful form of self-respect and care.

1. When was the last time you said 'yes' when you wanted to say 'no'? What did that moment feel like?

2. What fears or beliefs make it hard for you to set boundaries with others?

3. How does your body react when you're overextended or emotionally drained?

4. Write a few gentle phrases you could use to say 'no' gracefully in the future.

5. How does saying 'no' allow you to show up more fully in your most meaningful relationships?

Remember, your boundaries are not walls but bridges that protect your peace and preserve your presence. Saying 'no' can be a gentle affirmation of self-love.