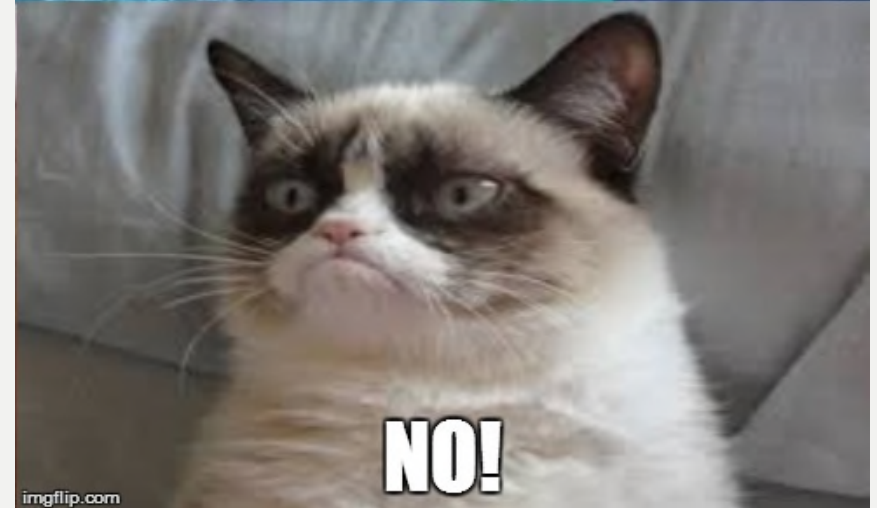


NO IS A
COMPLETE
SENTENCE

Molly Neu

NO IS A COMPLETE SENTENCE

- Today we will cover:
 - Types of boundaries
 - Should & “Shoulding”
 - Power of “No”





TYPES OF BOUNDARIES

Rigid Boundaries

Porous Boundaries

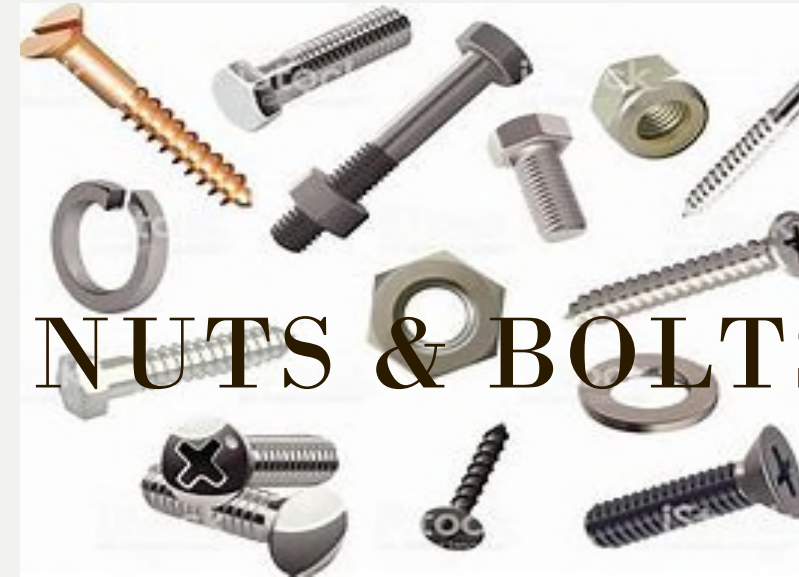
Healthy Boundaries

Boundaries improve our relationships and self-esteem

Boundaries can be flexible

Boundaries allow us to conserve energy

Boundaries give us space to grow and be vulnerable



KEEP IN MIND

- Most people have a mix of different boundary types.
- The appropriateness of boundaries depends heavily on setting. What's appropriate to say when you're out with friends might not be appropriate when you are at work.
- What are the areas of your life that you have a hard time setting healthy boundaries? Do you tend to be more porous or rigid with your boundary setting?





FROM CARRIE'S EMAIL 1/6:

PROMPT: FOR ONE DAY PAY ATTENTION TO HOW MANY TIMES YOU USE THE WORD "SHOULD" IN REFERENCE TO YOURSELF OR OTHER PEOPLE. REFLECT BACK AT THE END OF THE DAY ON WHAT YOU NOTICED.

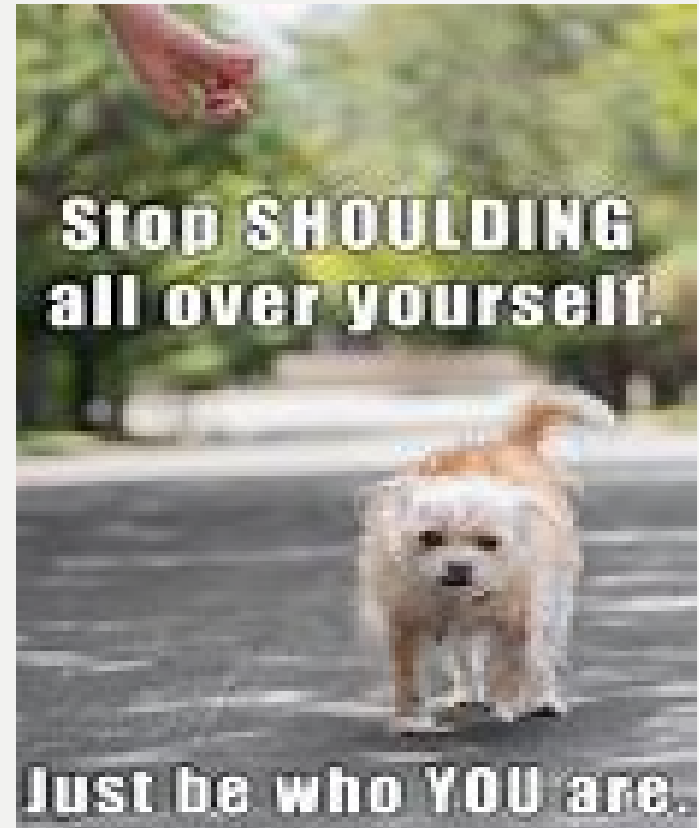
SHARE WITH YOUR NEIGHBOR ANY THOUGHTS OR REFLECTIONS YOU HAVE FROM THIS EXERCISE.

STOP
SHOULD
ALL OVER
yourself!

This basically just means:
Creating a ton of pressure on
yourself to do or be something,
based on what you think you're
supposed to do or be, rather
than on who you are and what
you want.

TWO PROBLEMS WITH USING THE WORD “SHOULD”

- When we use the word “should” we are not accepting reality
- If we say to ourselves “I really should meditate or workout more often,” the unspoken follow-up to that sentence is...but I don’t.
- In the long term, when we tell ourselves or other people that we should or they should be doing something (as well being as we might be), we are reinforcing the negative, and the fact that we are or they are not doing.



ALTERNATIVES TO “SHOULD”

Focus on the benefits

Focus on accepting and
exploring reality

Focus on how the activity
fits with your values

THE ART OF SAYING “NO”

How to reclaim your time and energy this year!



WHAT IN YOUR
LIFE DO YOU
NEED TO SAY
“NO” TO SO YOU
CAN MAKE SPACE
FOR MORE “YES”?

APPLYING “ARFF”

In times when you feel like you can't say “no” or step back from commitments, use ARFF to bring a new perspective to those situations.

Achievement:

Ex: cleaning your house, getting out the door on time

Respect:

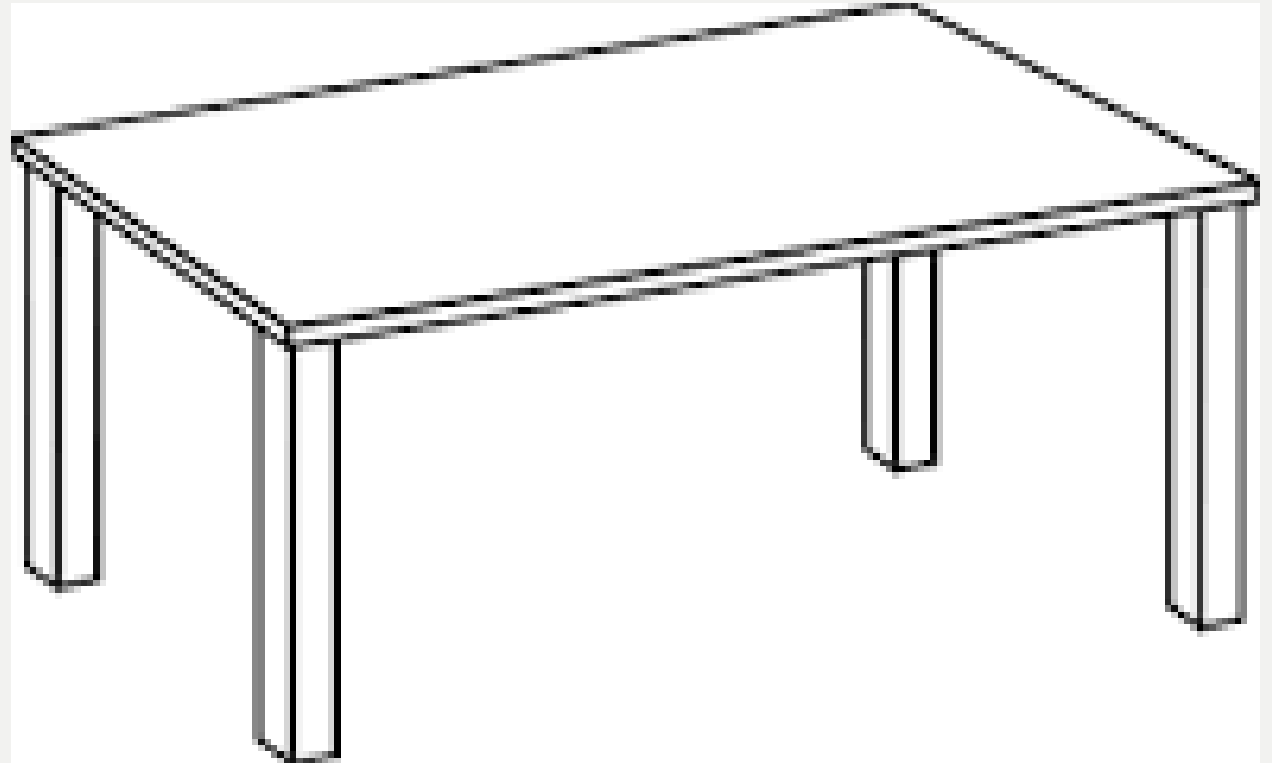
Ex: how you treat your spouse, partner, kids, co-workers, etc.

Fun:

Ex: reading, playing with a pet, going out with friends

Freedom:

Ex: attitude, choice or accepting change



STRESS MANAGEMENT TOOLS



And Many More!



Resources!

<https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>

<https://www.healthline.com/health/mental-health/set-boundaries#affirming-boundaries>

<https://jessikneeland.com/stop-shoulding-yourself/>

https://www.huffpost.com/entry/the-power-of-saying-no_b_10285096

TEDtalks:

Sarri Gilman's Ted Talk

<https://www.youtube.com/watch?v=rtsHUeKnkC8>