



**THE MOST OFFENSIVE WORD IS.....**



- If I say NO, I won't be invited again.
- If I say NO, I'll feel guilty.
- If I say NO, they will think I'm mean.
- If I say NO, I might miss out on something great.

that, open and honest relationships. Not only with the people around us, but more importantly with ourselves.

Our No's and our Yes's begin to be taken seriously and we learn a little secret... NO really isn't that hard to say.....

Don't worry, you are not the only one.



Well it certainly seems to be to so many of us.... Why else then do we have some much trouble saying it and even more trouble hearing it!!!



So for today, I will say NO if that is what I mean.....

Yet it is one of the shortest and easiest words in our language and vocabulary?

Simple to pronounce but so hard to say....

So I don't get it? Why is it so offensive???

Do any of these sound familiar.....

- If I say NO, they won't like me.

So when should we say NO? Well perhaps when NO is what we really mean.... Jen, that sounds too easy.... Well guess what, it is. Because by saying YES, when we really mean NO, is the same as lying. How long can we keep up that charade??

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Being honest with ourselves about when we mean YES and when we mean NO actually gives us just

