

WHEN SAYING NO FEELS DANGEROUS

A System Reflection Sheet

1. CHECK-IN PROMPTS

- What emotions or sensations come up when I try to set a boundary?
- Are they familiar? When have I felt this before?

Healing My Parts

SUBSTACK & PODCAST

Destigmatizing
DISSOCIATION

2. PARTS AWARENESS

- Which parts of my system struggle most with saying no?
- Which parts fear the consequences?
- Are there any protectors who override our no to keep others happy?

3. BODY BASED NOTICING

- What does "danger" feel like in my body?
- Where do I hold it when I say no or ask for space?

4. SOFT SCRIPT PRACTICE

- Draft a boundary we need to say (or recently said).
- How did it feel?
- Would we change the wording to better honor all parts?

5. EXPRESSION

Draw, doodle, or journal what it feels like to take up space. There's no wrong way to begin.

6. ANCHOR PHRASES

Here are a few phrases you can speak aloud, write down, or repeat internally:

- "I can hold this discomfort without abandoning myself."
- "Disappointing someone doesn't mean I've done something wrong."
- "I am not required to justify my boundaries to be safe."

