

SAYING NO

Even though I'm stressed because I'm actually saying NO to something, somehow I can forgive myself.

Even though some part of me on some level is saying NO, but I haven't actually said it, somehow I can forgive and love myself

Even though stress comes from the conflict of saying NO internally, without my external circumstances reflecting that, somehow I can love and accept myself.

This internal conflict causes stress

I'm saying No to something on some level

But I feel powerless to actually say No—all the things I haven't been able to say

I'm saying No to something

But don't have any way of actually changing it

I'm saying No—but I really can't say No

I'm saying No—but I'm not really able to say No

Internally, I'm saying No

And since I can't really say it, my body is saying it for me

I want to be over saying No, and the stress this is causing me

Internally, I'm saying NO—in fact my body is actually Screaming it

But my NO is not reflected externally

I'm saying No to something, but not actually saying it

I feel powerless to actually say or do anything

And so I have this internal conflict

I'm saying No to something

But can't change it

I'm saying NO

NO, NO, NO

I want to be completely, 100% over saying No and all the stress that I feel

Part of me on some level is saying No

What do I do with that No

I'm rejecting something

But for many reasons, I can't really say No

For many reasons, I can't really change what I'm doing

For many reasons, I can't really change the situation

I can't change the reality of these circumstances

But I sure want to

And Internally, I'm screaming NO about this situation

Somehow I will be completely, 100% over saying No

So now what, if I want to say No but I really can't?

Is it possible that I can say No?

What am I really saying No to?

What is this No really about?

Why do I feel such a need to say No?

Is there any way I can consider saying Yes?

What would have to happen for me to consider saying Yes?

I know what this feels like, this saying No

What could it feel like to say Yes?