

PRACTICING A “NO” DIET

DECIDE HOW LONG YOU PLAN TO PRACTICE

We recommend that you practice for at least two weeks, if not longer, to establish a new pattern of decision making.

THE PRACTICE

- Step 1** When asked to do something, pause and take a breath and say “No,” either silently or out loud.
- Step 2** Take three connected breaths, tune in and feel your feelings, then listen for your whole body yes. Does your body relax when you say “No,” even if you feel scared? Do you notice the intelligence of anger arising, letting you know that your “No” is not aligned? If you aren’t sure, allow yourself more time to make a decision.
- Step 3** Claim your choice and learn from your experience. Looking back, was your “No” or “Yes” aligned?

SHARE YOUR PLAN WITH THE PEOPLE YOU REGULARLY INTERACT WITH

“I’m doing a practice to learn how to be more discerning about what I want to do and don’t want to do. For the next _____ (period of time) I plan to first say “No” to all requests, whether from you, others, or myself. After I say no, I’ll pause and see if the “No” feels aligned. If it does, I’ll honor my “No.” If it doesn’t, I’ll change my mind and discuss the specifics of what I am willing to do. If you notice me skipping over my practice, would let me know?”

WHAT TO SAY TO THOSE WHO DO NOT KNOW YOUR PLAN

- “Let me look at my schedule and get back to you.”
- “I’d like to sleep on it and give you an answer in the morning.”
- “Give me a moment to take a few breaths and think about that.”
- “Let me check with others and see if that works with what else we have planned.”
- “I’d like to say no for now and I’ll get back to you if I change my mind.”
- “I’ve got other plans (which might include resting) and won’t be able to.”
- “It sounds like a great opportunity and I don’t like saying no, but I’m going to prioritize handling what I already have on my plate.”
- “I’m not really sure what I want right now. Let me take some time to get clear and I will get back to you by _____. ”