

Have you ever heard yourself saying “Yes” when you really meant “No”?

So often, people tell me that they have agreed to a request or command when their inner voice was telling them that they did not feel right about it.

There are two common examples of when this happens. The first is typically with children who persistently pester their parents until they finally get their way.

The second example is often experienced in the workplace where a conscientious employee is “rewarded” with a bigger workload.

So what can you do about it?

There are three tactics or strategies which have been hot topics in my seminars and useful to many of my clients.

Tactic Number One is to say “I’ll get back to you when...” By saying this you are giving yourself time to finish the task you are currently doing and to think more clearly about the request. Then you can get back to the other person at a time which suits you.

You might like to think of this as a delaying tactic which can save you being pushed into saying “yes”, when such an answer would be one that you regret. It is not an excuse for procrastination. It is a way of regaining your power and of being assertive. Practise this tactic and prepare to be surprised at how other people treat you with greater respect.

Tactic Number Two is to find a quiet place and ask yourself if the request sits well with your beliefs and values. You will find that this helps sort out requests into those that feel right and the others that do not work for you. Easing of tight muscles in your head, back or gut will help you know that you are on the right path.

Tactic Number Three is to draw a series of concentric circles with yourself in the inner circle and relatives, friends and colleagues in the other circles. Know that you can move the other people to your inner or outer circles, depending on their values, beliefs and demands. This is a great way of understanding, learning and reinforcing your personal boundaries.

Wishing you one hundred years of health and happiness,

Dr. Pete.

P.S.

More great tips can be found in [The 12 Secrets of Health and Happiness](#) by Louise Samways.

P.P.S.

Please feel free to forward this Newsletter to friends and colleagues and let them know that they are welcome to subscribe to these regular monthly Newsletters.

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