

10 WAYS TO NOT SO *graciously* SAY NO WHILE YOU ARE HEALING:

1. Look, thanks for the invitation but I am in a very difficult place emotionally and I am spending time healing and rebuilding my life.
2. After realizing that I have been living at a back-breaking pace for way too long, I just can't help you right now, I have to help myself.
3. I really appreciate your kind words and that you feel I am the best person to assist you, however I just don't have the capacity to add anything else to my plate. You understand, right?
4. No, I'm so not living that crazy busy life anymore. I have to rest my body so that I can function at full capacity for my sanity.
5. Girl/Dude I just can't talk right now, I will have time between ___ am/pm and ___ am/pm if not we will chat tomorrow.
6. No, not today. I will call you when I can.
7. No.
8. Nope, can't do it. I'm rebuilding and focusing on me and I cannot shift my focus.
9. I know I have always been there for you but right now, I need you to be there for me... I have nothing to give right now.
10. No, I'm not at my best today I only have enough strength to care for my children. You will have to find another sitter until further notice. By the way, can you sit with my children while I meditate and pray?

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Saying no can often be difficult and cause us to lie just to please others.

While you are in the process of healing it's ok to be "SELFISH!"

According to the Urban Dictionary: Selfish is when you have a huge amount of interest invested in yourself, or when you don't think about the wants and needs of others.

This is not so bad at all when used in the right context. Considering those crazy feelings, you're having and really need to chuck, I think it's ok to pull this card. If you keep giving your strength, oil, brain cells, money, time, advice, space, joy (add what you give away) _____, to others while you are healing, how in the world do you expect to rise from the ashes? You're not sleeping, eating right and probably not even combing your hair. Are you showering daily? Right, that answer. So, stop, just stop giving what you don't have to give. You must receive right now. It's OK, I promise!

What is it that you need *and* need to do?

- 1) Peace of mind (how do you expect to get that if you are constantly pouring out?)
- 2) One night, just at least one night that you are not crying until the break of dawn.
- 3) Two nights would be the start of something good. How about no crying at all and sleeping through the night?
- 4) A good chunk of time to create a plan of action.
- 5) Get a vision of your plan, picture it and believe again.
- 6) Someone to just listen and not let you ramble off the deep end with blame and regret.
- 7) To know that you will land well! You are not a failure.



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