

Conquer emotional challenges



Pisces Say "NO"

Saying "no" is one of Pisces challenges. If this is a challenge for you too, here are some things you can do:

When saying "no" sounds too direct, you could say instead:

- "Unfortunately I'm busy so I can't."
- "I'm afraid I can't."

When you don't want to respond with "no" right away:

- "Let me check my schedule/ my calendar."

You don't need to:

- give a full explanation of why you are saying "no".
- find a substitution or a solution to the situation.
- invent an excuse.

If after saying "no" someone is still pressuring you or demanding explanations, **THAT PERSON IS NOT RESPECTING YOUR RIGHT TO SAY NO.** Be firm and don't let this kind of people intimidate you or make you feel guilty or bad about yourself for saying "no".

**MAKE SAYING NO PART OF
YOUR SELF-CARE PRACTICE**

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- Mini questionnaire -

Is there something you want to say NO to, but you're not sure if its ok or not? Answer this mini questionnaire and find out:

Am I going to sacrifice time that I need for myself?



Am I going to sacrifice resources that I need somewhere else?



Is this in conflict with my values?



Is this in conflict with my goals?



Is saying YES going to lead me feel anxiety, sadness, anger or fear?



Is saying YES going to cause me physical, emotional or mental harm?



Is my intuition is telling me that this is not good or right for me?



If your answer was YES to any of these questions, then it means that it is totally ok for you to say NO and you don't need to feel bad about it or give any reasons or explanations.