

## Q<sub>uestion</sub>:

When I say no, I feel guilty.

## A<sub>nswer</sub>:

You should not necessarily feel guilty. Sometimes we take on too much responsibility for others' feelings.

Try a book on assertiveness training. "When I say no, I Feel Guilty", by Manuel J. Smith, Ph. D. <http://www.webheights.net/lovethyself/smith/no.htm>

### The Ten Assertiveness Rights:

#### ASSERTIVE RIGHT I:

*You have the right to judge your own behaviour, thoughts, and emotions, and to take the responsibility for their initiation and consequences upon yourself.*

#### ASSERTIVE RIGHT II:

*You have the right to offer no reasons or excuses for justifying your behaviour.*

#### ASSERTIVE RIGHT III:

*You have the right to judge if you are responsible for finding solutions to other people's problems.*

#### ASSERTIVE RIGHT IV:

*You have the right to change your mind*

#### ASSERTIVE RIGHT V:

*You have the right to make mistakes -- and be responsible for them.*

#### ASSERTIVE RIGHT VI:

*You have the right to say, "I don't know."*

#### ASSERTIVE RIGHT VII:

*You have the right to be independent of the goodwill of others before coping with them.*

#### ASSERTIVE RIGHT VIII:

*You have the right to be illogical in making decisions.*

#### ASSERTIVE RIGHT IX:

*You have the right to say, "I don't understand."*

#### ASSERTIVE RIGHT X:

*You have the right to say, "I don't care."*