

Question:

When I say no, I feel guilty.

Answer:

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."