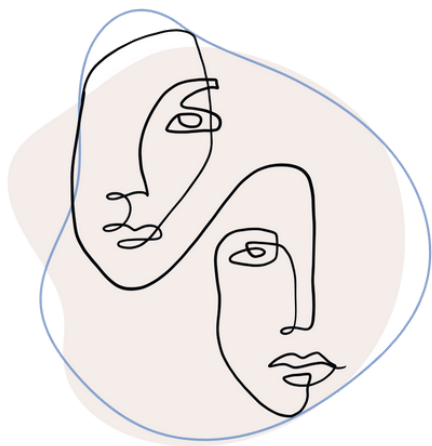


# SAYING NO NICELY *Scripts*



PEOPLE PLEASER  
RECOVERY ROOM

[amandafoy.com.au](http://amandafoy.com.au)

Saying no for a people pleaser can set off the energy of panic akin to being chased by a Sabre Tooth Tiger. Saying no without an explanation to mitigate the fallout of the potential loss to their life is the added bonus of making the whole situation a lot bigger and more complex than it needs to be.

That's the trauma response kicking in to try and keep the People Pleaser safe.

To boot, people pleasers tend to over-explain because they feel the need to justify their actions or decisions to others.

They fear that their choices may upset or disappoint those around them, and therefore, they want to make sure that everyone understands their reasoning.

In addition, people pleasers may lack confidence in their decision-making abilities, and they seek validation from others.

They believe that if they can explain their choices in detail, others will see that they have carefully considered all options and made the best decision possible.

Moreover, people pleasers may assume that others have the same level of detail-oriented thinking as they do. They may feel that they need to explain every little detail to ensure that others fully understand their point of view.

Overall, people pleasers over-explain to avoid conflict, gain approval, and ensure others understand and accept their decisions. However, this behavior can become a problem, leading to excessive stress, anxiety, and self-doubt.

It can also make others feel uncomfortable or annoyed with the amount of information being shared, leading to further social anxiety and isolation. Therefore, it is important for people pleasers to recognize this behavior and work on building their confidence and assertiveness skills to communicate effectively without over-explaining.

Turn over for 20 ways to say no, politely without needing to explain why.

- I'm sorry, but I can't.
- Unfortunately, I won't be able to make it.
- That won't work for me.
- I have to pass.
- Thanks for asking, but no.
- I'm afraid I can't commit to that.
- I wish I could, but I have other plans.
- I appreciate the invitation, but I have to decline.
- I'm going to have to say no this time.
- I'm not available then.
- It's not a good time for me.
- I don't think that's going to work for me.
- I'm afraid I have to say no.
- I have to respectfully decline.
- I'm afraid I can't make it work.
- Thanks for thinking of me, but I'm going to have to say no.
- I'm not interested in that, but thank you for asking.
- I'm flattered, but I'm going to have to pass.
- That's not something I'm able to do right now.
- I have to say no, but I appreciate the offer.
- I'm sorry, but I can't commit to that.
- I'd love to, but I just can't right now.
- I have to respectfully decline your offer.
- Thanks, but I have to decline.
- I'm going to have to take a rain check.
- That's not in my best interest at the moment.
- I'm going to have to pass this time.
- I don't think I can make that work.
- That's not possible for me right now.
- I have to say no, but I appreciate your understanding.