

How Your Body Says No

Learn the signs you get before you say yes to something you do not want.

WHEN TO USE THIS

Use this when you often notice too late that you did not want to agree.

Draw a quick body outline. Mark where you feel it when you want to say no.

Stick figure is fine. Nobody is grading this.

What shows up first for you? Tick any.

- ☐ Tight chest or throat
- ☐ Heavy stomach
- ☐ Talking faster
- ☐ Going quiet
- ☐ Heat in my face
- ☐ Wanting to leave the room

Think of the last time you agreed and regretted it. What did you notice first?

Next time you feel that, what is one thing you could say before you answer?

Your body often knows before your mouth does. It is worth listening to.