

What If They Get Upset

Look straight at the thing you are afraid of, and decide what you would do.

WHEN TO USE THIS

Use this when the fear of upsetting someone is what keeps you saying yes.

What is the worst thing you picture them doing if you say no?

How likely does that really feel?

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Unlikely

Almost certain

If it did happen, what would you do the next day?

Who has been upset with you before and stayed in your life anyway?

Someone being upset is uncomfortable. It is usually not dangerous. If it is, you are working with something bigger.

You are allowed to disappoint someone and still be a good person.