

## I FEEL GUILTY WHEN I SAY NO%0A

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[When I Say No, I Feel Guilty Quotes by Manuel J. Smith](#)

When I Say No, I Feel Guilty Quotes Showing 1-9 of 9 A BILL OF ASSERTIVE RIGHTS I: You have the right to judge your own behavior, thoughts, and emotions, and to take the responsibility for their initiation and consequences upon yourself.

[When I Say No, I Feel Guilty Summary | Manuel J. Smith](#)

Manuel J. Smith, Ph.D., is a clinical-experimental psychologist and the author of Yes, I Can Say No. His work has appeared in numerous professional and scientific publications, including the Journal of Experimental Psychology and Psychology Report.

[When I Say NO, I Feel Guilty - Remove the Guilt with this ...](#)

Some are able to say no to a request or opportunity and feel good about it. This just isn't the right fit for me or I don't have the bandwidth right now. I hope you understand are ways they opt out confidently.

[When I Say No, I Feel Guilty by Manuel J. Smith \(1976-02 ...](#)

My brother saw through the guilt trip I was on, and when he brought me to live with him, he made me read When I

say NO,I feel guilty'.Well, no more!This book taught me that I can say"No thank you",and feel powerful because I am in control of my feelings and actions.Now, no one can 'make' me feel anything unless I want to! How free is that?!

**WITHOUT FEELING GUILTY YOU HAVE THE RIGHT TO SAY NO, A ...**

knew no other way to relate to his stepfather except as the object of criticism or patronage. Consequently, in the presence of this authority 2gure, the patient was all but mute. Consequently, in the presence of this authority 2gure, the patient was all but mute.

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