

"What a caterpillar interprets as the end of the world is what we call a butterfly" *Richard Bach*

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One Word, Two Letters: "NO"

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"... To say "no" is one of the most important statements that an individual can make, and it reaffirms both one's autonomy and one's legitimacy as a person. Thus, saying "no" is our own commitment to upholding our dignity. As individuals we have the right to refuse the state of the things that we face and the demands that others make of us. This is an inalienable right that no one can take away.

Whenever we consider saying "no" and we don't say it, our dignity is compromised.

Every time we say "no" and it goes over everyone's heads, we are not being respected. This statement defines the respect that we have for ourselves and the respect that others will have for us.

The "no" statement can take different forms. It does not always manifest itself as the word "no". Sometimes, for example, it is reflected when someone says "enough!" With this word, one declares that they will no longer accept what has been customary until that point. What is being referred to is something in which we have participated, and which we have resolved to bring to an end..."

CoCreat, 2008

I remember when I first read this passage in one of the many chapters for my Coaching course, and each word that was expressed had a strong impact on me.

How many times do we say that we do not have time to do what we really enjoy? How many times must we justify a friend's actions in order to not betray that friend? How many times do we spend the weekend immersed in projects or office work that do not correspond to us? How often do we fall for culinary temptations such as appetizers, entrees or desserts, simply because we did not use one word, two letters, containing exceptional strength: "No".

On this occasion, I would simply like to share the above text with you. Hopefully you will take the time to read it, analyze it, and reflect on it in order to recognize its impact.