

# THE HEALING LEXICON: VOLUME THREE

A Booklet of Reflection,  
Vocabulary & Grace



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HYPNOSIS HAVEN



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# THE WORD WE'RE AFRAID TO USE

## **No.**

It's short. Sharp. And yet—so often swallowed.

This word holds power, not because it harms, but because it defines.

“No” draws the line between your energy and someone else's demands. Between your soul and the systems that try to consume it.

And yet so many of us hesitate to use it. We sugarcoat it. Delay it. Bury it in nervous laughter or overexplaining.

Why?

Because we were taught that “no” is rejection. That saying no is selfish, rude, even unloving.

But “no” is one of the most loving words we can ever learn to say.

It says:

- I matter, too.
- I know my limits.
- I trust myself.
- I am not here to be consumed.



In this edition, we'll explore why “no” feels dangerous to say out loud—especially for those who grew up learning that love meant obedience, or that kindness meant never disappointing anyone. We'll reclaim “no” as a sacred boundary, a form of truth-telling, and an invitation to real safety.

This is not about becoming cold. It's about becoming whole.

# HOW WE WERE TAUGHT TO BETRAY OURSELVES

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There is a cost to politeness when it silences your soul.

And for many of us, the conditioning ran deep—before we could even form full sentences.

## **Definition: Denial, Dissent, Refusal**

We learned that “being good” meant being agreeable.

That obedience was safer than clarity.

And that other people’s comfort was more important than our own internal knowing.

- Don’t make a scene.
- Don’t upset your father.
- Don’t embarrass the family.
- Be nice.
- Be helpful.
- Be small.

Our culture praises self-sacrifice, especially in women and girls. We are taught to be nurturers, to put others first, to anticipate needs, to smooth the edges of conflict.

We are rewarded when we’re accommodating and labeled “difficult” when we assert a boundary.

**And men, too, are shaped by roles that deny their right to say no.**

Saying no might be seen as weak, disloyal, selfish, or unmanly—especially when expectations of protection, provision, or unshakeable strength are thrust on them.

Boys who cry, men who pause, husbands who decline—are often shamed.

# THE CULTURAL "NO"

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In some families, religion or cultural norms reinforce the message:

- Honor your parents (no matter what).
- A good woman submits.
- A man should never back down.

In others, survival demanded compliance. Maybe “no” was met with violence, punishment, or withdrawal of love. So we became skilled at suppressing it, even when it burned in our chest.

Over time, this becomes a fracture in our inner compass.

We know something isn’t right, but we smile anyway.

We feel the no rising in us, but we override it.

We become strangers to ourselves—rehearsing roles instead of responding with truth.

- **When did I first learn that saying “no” could hurt or disappoint someone?**

Write the earliest memory you can recall where your no was dismissed or punished.

- **What roles have I played in my life that made it hard to say no?**

(e.g., “the peacemaker,” “the responsible one,” “the strong one,” “the good daughter.”)

- **What are some common phrases I use to soften or avoid a no?**

How do these make me feel afterward?

- **How does my body respond when I want to say no, but feel I can’t?**

List the physical sensations, then place your hand over that part of your body and breathe into it.

- **Who in my life respects my no? Who doesn’t?**

What changes when I start honoring my own no—even if others don’t?

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# “NO”: A LIFELINE

*THERE ARE TIMES WHEN  
“NO” IS NOT JUST A  
PREFERENCE—  
IT’S SURVIVAL.  
IT’S SOVEREIGNTY.  
IT’S SACRED.*



When you’ve lived through trauma, saying “no” can feel dangerous. Sometimes it was dangerous.

You may have learned that saying no led to consequences—emotional withdrawal, physical punishment, gaslighting, guilt, or even being shamed for “not trying harder.”

So you adapted.

You said yes when it hurt. You said nothing when you wanted to scream. You didn’t lose your ability to say no—you buried it, to stay safe.

But here’s the truth:

**“No” is how we come up for air.**

**“No” is how we put out the fire.**

**“No” is how we return to ourselves.**

There are moments when saying no is not about being assertive—it’s about being alive.

“No” to more emotional labor when you’re already empty.

“No” to invitations that pull you back into cycles of harm.

“No” to the lie that “you’re too much” for simply protecting your peace.



# “NO”, A REFRAME

*When it's just a whisper.*

It might sound like:

- “I need time to think about that.”
- “I’m not available for that.”
- “I’m not comfortable with this.”
- “No.”



At first, it may feel clumsy or abrupt.

You might shake.

You might cry.

You might second-guess.

But this is how the nervous system re-learns that you’re safe now.

This is how the body begins to believe you again.

And this is how you begin to trust yourself—not just in emergencies, but in everyday choices.



# “NO”, IN HEALING

*A Form of Rescue, Rebirth and Right Alignment*

- When has saying “No” felt like a survival act for me?
- What situations make me freeze or fawn instead of saying no?
- What parts of me still believe that saying no is wrong, mean, or selfish?
- What does it sound like when I say no gently? What does it sound like when I say it firmly?
- Where in my life do I need to place a firm no—not to punish anyone, but to protect my peace?

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# "NO" IN DISGUISE:

*People-Pleasing, Overcommitting, Freezing*

Not all "yeses" are real.  
Some are cover-ups. Some are survival scripts dressed up as kindness.  
Some are rehearsed from years of needing to be liked, needed, or safe.

Sometimes we don't say no because we were never given the space to realize we had that option.

*So instead of saying no directly, we disguise it in behavior:*

- We people-please to prevent disapproval.
- We overcommit to avoid confrontation.
- We freeze when we feel the tension of choice—and time runs out.
- We ghost or withdraw when we don't have the words to decline.
- We over-explain in hopes that our boundary will be forgiven if it's justified enough.

We learn to be liked more than we learn to be honest.  
We learn to apologize for our limits instead of holding them with grace.

We learn to smile while abandoning ourselves



# The Clever Disguise

## **People-Pleasing: The Polite Disguise**

People-pleasing is often rewarded. You're seen as cooperative, nice, easy to work with.

But inside, you may feel anxious, depleted, or resentful—because your yes was never really yours.

The cost of people-pleasing is authenticity.

The invoice is burnout.

## **Overcommitting: The Busy Disguise**

Overcommitting can look noble. Productive. Selfless.

But often it's a way to avoid the discomfort of disappointing others.

We'd rather burn ourselves out than burn a bridge.

*BUT HERE'S THE TRUTH: OVERCOMMITTING IS A SILENT NO TO YOUR OWN NEEDS.*

Every time you say yes to something you don't have space for, you're saying no to rest, clarity, and presence.

## **Freezing: The Dissociative Disguise**

When you're faced with a request that you should say no to but feel trapped, the freeze response may kick in.

You nod. You murmur "sure." *You check out.*

This isn't passivity. It's a trauma response.

Your system is protecting you the only way it knows how—by bypassing the perceived threat.

None of these make you weak. They make you human.

They're not character flaws—they're adaptations.

And once you see them clearly, you can begin to choose something new.



# REMOVING THE DISGUISES

*Now that I see you, I can see myself*

- **Where do I notice myself saying yes when I don't mean it?**

Is it in work, family, social life, volunteering, or in romantic situations?

- **What do I fear will happen if I say no directly?**

Be honest: loss of approval? Conflict? Feeling guilty?

- **Which of these disguises do I use most: people-pleasing, overcommitting, freezing, ghosting, or over-explaining?**

How does it protect me? And how does it cost me?

- **What would it look like to say no without a disguise?**

Can I imagine doing it calmly, kindly, clearly?

- **What if saying no didn't mean I was bad—but that I was clear?**

Let this question sit in your body. How does it feel?

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# TRUSTING “NO”

*Helping Children Know and Trust Their No*

That inner knowing that speaks softly, yet carries truth with it. Children are born with a clear sense of *no*.

They flinch when something feels off.

They turn their head. Pull their hand back.

They know when something is too much, too fast, or too strange.

But slowly, this knowing is questioned or pushed down.

- “Don’t be rude.”
- “Give her a hug.”
- “Say yes.”
- “It’s not a big deal.”
- “You’re just being shy.”
- “He’s your uncle—go say hi.”

These phrases are meant to teach manners. But often, they teach something else:

**That other people’s expectations matter more than your internal warning system.**

That “no” isn’t safe to say.

That disapproval is worse than discomfort.

And so the “heartbrain” dims.

Not because it stopped speaking—but because we stopped listening.



# TRUSTING “NO”

*First, we must learn to Honor the “No”*

To raise children who know how to say no, we must first learn how to honor their no.

This doesn't mean they run the house. It means their body, their feelings, and their voice are respected—even when we must set a boundary as parents.

It might sound like:

- “You don’t have to hug anyone if you don’t want to.”
- “Thank you for telling me that didn’t feel good.”
- “It’s okay to say no with kindness.”
- “Even if I can’t say yes right now, I hear you.”

We also teach them how to accept no:

- “That wasn’t a yes from your friend. Let’s give them space.”
- “It’s okay to feel sad when someone says no. You’re still safe.”
- “No doesn’t mean they don’t like you. It means they’re taking care of their needs.”
- “Let’s try again later.”

When children learn that “no” isn’t shameful, they develop emotional fluency.

They don’t need to scream to be heard—or go silent to stay liked.

They grow into adults who don’t confuse agreement with love.

And they carry their “*heartbrain*” into every relationship they build.



# “HEARTBRAIN”

*Heartbrain: When the Heart Speaks the Truth*

- **Was my “no” respected as a child?**

If not, how was I taught to override it?

- **How do I respond when my child (or someone I love) says no to me?**

Do I take it personally? Or do I respect it?

- **What do I model when I say yes out of guilt or obligation?**

How might my children or students absorb that?

- **What would it look like to raise someone who trusts their “heartbrain”?**

What practices or phrases could help them stay attuned?

- **How can I reconnect with my “heartbrain”—the one I silenced to survive?**

Write a letter from your “heartbrain”. Let it speak to you again.

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# THE GUILT THAT FOLLOWS:

UNTANGLING EMOTION FROM  
OBLIGATION

Saying no often isn't the hardest  
part.

It's the emotional  
aftermath.

The guilt.  
The second-guessing.  
The late-night replays.  
*The voice in your head saying:*



**“MAYBE I  
SHOULD’VE JUST  
DONE IT.”**

**“THEY’RE GOING TO  
BE MAD.”**

**“I’M BEING  
SELFISH.”**

**“THIS ISN’T THAT  
BIG A DEAL, RIGHT?”**

## BUT HERE’S THE TRUTH:

Guilt doesn't always mean you've done something wrong.

Sometimes, guilt is just a sign that you're doing something different.  
That you're breaking the invisible contracts you were never meant to  
sign.

We were conditioned to believe that good people always say yes.  
So when we say no, we feel like we're breaking a moral law.  
But what if guilt isn't a guidepost, but a ghost?

A leftover reflex from a life where your worth was tied to what you  
did for others?

This section will help you hold space for guilt without obeying it.  
Because growth often feels wrong before it feels right.

# EMOTIONAL GUILT VS. MORAL GUILT

## MORAL GUILT

comes when you violate your own values. It teaches, redirects, and restores.

## EMOTIONAL GUILT

comes when you violate someone else's expectations—even if those expectations were unfair, unspoken, or manipulative.

**WE OFTEN CONFUSE THE TWO.  
BUT LEARNING TO SAY NO MEANS  
LEARNING TO EXAMINE YOUR GUILT, NOT OBEY IT.**

- ASK:**
- Does this guilt come from hurting someone—or from disappointing their assumption about me?
  - Am I feeling guilt... or withdrawal from a pattern of overgiving?

## RELEASING GUILT

### **WITHOUT RELEASING YOUR BOUNDARIES**

You can acknowledge someone's disappointment without undoing your no.

You can hold space for your own discomfort without backpedaling.

### **You can even say:**

*"I know this may have been hard to hear. And I still stand by what I said."*

*"I care about you, and I also need to care for myself."*

*"This was not easy for me either—but it was necessary."*

# WHEN OTHERS DON'T LIKE YOUR NO

*Not everyone will celebrate your boundaries.  
Especially if they benefited from your lack of them.*

*You might be called cold.*

*Dramatic.*

*Hard to deal with.*

You might be accused of being selfish or ungrateful.

You might be punished with silence, disapproval, or withdrawal.

But their discomfort does not mean you are wrong.

Their anger does not mean you are unkind.

And their confusion does not mean you owe more explanation.

Saying no reveals relationships built on expectation, not mutual respect.

It unmask what was unspoken.

And sometimes, it rearranges the entire dynamic.

This section will explore:

- How to hold your no in the face of backlash
- How to grieve the loss of roles that no longer fit
- How to stay rooted in truth, even when others try to shake it

Your “no” may cost you proximity—but it will buy you peace.



# SAYING “NO” TO YOURSELF

*Discipline, Desire, and Self-Respect*



There's another layer to this lexicon. Not just saying no to others, but learning to say it to yourself.

- No, I don't need to reply right now.
- No, I don't need to scroll for another hour.
- No, I'm not entertaining that thought today.
- No, I'm not feeding this resentment.
- No, I will not betray my progress for a moment of comfort.

This kind of no is less glamorous.

No one applauds it.

It won't get you praise or social media validation.

But it will quietly rebuild your integrity.

It will build trust within.

It will teach your nervous system that you are not at the mercy of impulse.

This section will unpack the difference between punishment and self-respect.

Because saying no to yourself isn't about restriction—it's about alignment.

# HOLDING ON TO YOUR BOUNDARIES

*I hear you, but the answer is still, "No"*

- **Where do I feel guilt most often after saying no?**  
Specific relationships? Work? Parenting? Social settings?
- **What was I taught about guilt growing up?**  
Was guilt used to control, to teach, or to shame?
- **Does my guilt increase when the other person is visibly upset?**  
How do I typically respond when someone disapproves of my boundary?
- **What would it feel like to sit with guilt instead of scrambling to fix it?**  
Can I breathe through the sensation without making it mean I did something wrong?
- **Who modeled healthy boundary-setting for me—without guilt?**  
If no one did, what kind of model do I want to become for myself and others?





# SAYING “NO” WITHOUT OVER-EXPLAINING

You don't owe everyone a thesis for your boundaries. Still, many of us struggle to say no without padding it, softening it, or defending it with a 10-point presentation.

That's okay. That's conditioning, not failure.

The goal of these exercises is to help you find your “**no**” voice—firm, kind, grounded, and clear.



## Exercise 1: One-Breath No

Practice saying “No” aloud, followed by a full breath.

Let it sit in the air. No apology. No filler. No flinch.

Try these:

“No.” [Breathe.]

“Not today.” [Breathe.]

“That won't work for me.” [Breathe.]

Do this in front of a mirror. Notice what your face does. Your shoulders. Your gut.

Then try it with a soft smile. Then try it with a neutral face.

Feel how different it becomes when it comes from calm clarity, not panic.





## Exercise 2: Rewrite the Script

Write out three real situations where you recently said yes, but wanted to say no.

### Example:

“Sure, I can take that shift.”

Rewrite: “Thanks for thinking of me, but I’m not available.”

“Okay, I’ll come, I guess.”

Rewrite: “I appreciate the invite, but I need a quiet night in.”

Challenge yourself to remove the apology or justification.

Let the no stand on its own, like a strong spine.



## Exercise 3: The Roleplay Reset

With a trusted friend, partner, or in your journal—roleplay situations that trigger you into over-explaining.

Practice different tones:

- The gentle no
- The factual no
- The boundary with warmth
- The firm, unapologetic no

If you're alone, speak these out loud and record yourself. Listen back. Notice what sounds strong. What sounds afraid. What sounds most like you.



#### **Exercise 4: What If “No” Was Love?**

Pick a situation where saying no makes you feel guilty.

Now reframe it through the lens of love.

Now reframe it through the lens of love.

Ask yourself:

- How is this no protecting my peace?
- How is this no honoring truth?
- How is this no creating space for someone else to grow?

Write a sentence that sounds like this:

“I’m saying no because I love myself enough to rest.

“I’m saying no because I don’t want to resent you later.”

“I’m saying no because pretending would be dishonest.”



## WAYS TO SAY NO (WITHOUT APOLOGY OR EXPLANATION)

- “No, thank you.”
- “That’s not something I can do right now.”
- “I need to pass on that.”
- “That’s not a match for me.”
- “I’m not available for that.”
- “I’m honoring my bandwidth.”
- “That’s not aligned with my priorities.”
- “I won’t be joining.”
- “I’m not taking on anything extra this season.”
- “I don’t have the capacity for that.”
- “I appreciate the offer, but I’m going to decline.”
- “That’s a no for me— kindly and clearly.”
- “I’ve thought about it, and the answer is no.”
- “I’m choosing rest over that commitment.”
- “I’m saying no to protect what matters most.”



**Practice saying them aloud.  
Let the words feel like integrity, not rejection.**

# YOU CAN SAY NO. AND YOU'RE STILL GOOD.

You are allowed to draw a line.

You are allowed to pause.

You are allowed to say,

***“That doesn’t feel right for me.”***

***“Not now.”***

***“I’ve changed my mind.”***

***“I need more space.”***

You are not being difficult.

You are not selfish.

You are not failing anyone by honoring your energy.

*You are becoming clear.*

**You are becoming trustworthy—to yourself.**

This isn’t rebellion.

It’s healing.

It’s the quiet undoing of every moment you once silenced yourself to keep the peace.

You’re not too much.

You’re just not available for being consumed anymore.

**You can be kind. And still say no.**

**You can be generous. And still say no.**

**You can be loving. And still say no.**

And if they don’t understand it?

That’s okay.

You didn’t do this for them.

You did it for the person you’re becoming.

***Saying “no” does not make you hard or cruel.***

It softens you back into your shape, your rhythm, your right to breathe freely.

Recline in a comfortable position and listen to this recording as many times as you want with different memories in mind to help you heal and release the imprints of sadness in all its various forms.

Let your shoulders rest... and imagine you're somewhere still, safe, and just a little bit softer than this moment.”  
“There's nothing to fix right now.  
Just feel.



*Complimentary Recording*



HYPNOSIS HAVEN

# READY TO TALK?



**SUSANA PADILLA, CHT**  
Certified Hypnotherapist

## **YOU DON'T HAVE TO MOVE THROUGH THIS ALONE.**

If something stirred in you as you explored these pages—

If you remembered a time you didn't speak up, or a time you did and weren't heard—

This is your invitation.

To say it.

To mean it.

To stop apologizing for it.

I offer Private Sessions for boundary repair, emotional clarity, and reclaiming your voice—especially when you were never taught you had one.

Let's unlearn the betrayal of silence, and honor the truth that lives inside your "no."

 [Come Ashore – Schedule Now](#)

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Holding space for what's hard to name, and what still needs to be heard.

