THE PEOPLE-PLEASER'S PROTECTION KIT

NOT TODAY, SATAN



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TRIED IT

01

When you need to buy time before answering

Someone asks you to do something. Your mouth opens. You're about to say yes. But you don't actually know yet if you want to:

> "Hey, can I sign you up for three dozen items for the bake sale? We need you to make organic, vegan, gluten-free, nut-free, and lactose-free baked cupcakes."

WHAT YOUR BODY MIGHT FEEL

That automatic, almost reflexive reach for "yes"

A slight panic at the idea of pausing

The sense that silence = rudeness

WHAT NOT TO SAY

"Sure, sounds good!" (when you haven't decided yet)

Anything that commits you before you've created space to check in with yourself

WHY THIS IS ACTUALLY A BOUNDARY

People-pleasers say yes before they've even checked in with themselves. This script trains your nervous system to pause. That pause is the whole thing. Everything else builds from it.

Script continues on next page... →



WHY THIS WORKS

You buy yourself time to actually hear your own answer. Nothing confrontational is happening. You're not saying no. You're just not saying yes yet. That's enough for now.

WHAT TO SAY

"Let me check my calendar and come back to you."

"I want to give this a proper answer — can I come back to you by tomorrow?"

"I need to check in with a few things first. I'll get back to you."

IF THEY PUSH FOR AN ANSWER RIGHT NOW

"I won't be able to give you a good answer if I rush it. Let me come back to you tomorrow."

"I need to make sure I have capacity. Let me come back to you tomorrow."

MAKE IT YOURS

The next time _____ asks me to _____, I'll say _____

BODY CHECK

Where do I feel it?

- ☐ chest
- ☐ belly
- ☐ shoulders
- ☐ jaw
- ☐ throat
- ☐ not sure yet
- ☐ other

BODY CHECK

What happens in your chest, belly, shoulders, jaw when you imagine saying it?

STAY

Staying connected to yourself long enough to choose what happens next.

S

STOP THE AUTOMATIC REPAIR

For me, this is the moment when I see their expression change or hear the disappointment in their voice. I want to explain one more time, offer something else, or take back the boundary.

Pause. Take a breath. You don't have to decide the next part while you're still caught inside the first wave. If this happens over text, put the phone down for a moment.

T

TRACK WHAT IS HAPPENING

Once I've paused, it helps me separate what is actually happening from everything my mind is adding to it. Track your body, emotion, thought, urge, and the actual facts.

A

ALLOW AND ANCHOR

I don't try to bully the feeling out of the room. The guilt, fear, or shame may be trying to protect me from rejection. I can make room for that scared part without treating the feeling like an instruction.

Y

YOUR VALUES CHOOSE THE NEXT MOVE

Once there is a little more space, I can ask: Am I receiving new information, or only reacting to discomfort? Do I want to hold, repeat, clarify, or change this boundary? Is this an opportunity for healthy repair?

STAY doesn't mean remaining in danger. It doesn't mean refusing to listen, repair, or change your mind. It means staying connected to yourself long enough to choose what happens next — instead of letting the first wave of discomfort choose for you.

REFLECTION

What would staying with myself for the next 24 hours look like?

Explore the possibilities

Think about an everyday decision you're facing. Read both possibilities first, then imagine each in turn. What do you notice? You can keep your eyes open or soften your gaze.

Imagine saying yes

Imagine agreeing to this. What do you notice? Where or how does your response show up for you?

Imagine saying no

Imagine declining this. What do you notice? Where or how does your response show up for you?

Instead of applying one universal rule, create enough space to notice: What sensation is here? What does it usually mean for me? Does it change when I imagine different choices? What do time, context, safety, my values, and the observable facts add?

Maybe, mixed, or not sure yet

Maybe is an answer you can explore, too. "I want this, but not now" is different from "I can't tell yet." You don't have to squeeze either into yes or no.

If you don't notice anything yet — that's okay. Learning to feel your body takes time. Noticing that you can't tell is its own kind of noticing.

Ready for the rest?

by Sasha Speranzini · **Moonlit River Reiki**

The full workbook has 21 boundary scripts, from embarrassingly easy to boss level, plus STAY for what comes after, eight manipulation checklists, body wisdom practices, 15 journaling prompts and printable quick reference cards.

117-page fillable PDF · US$22, one-time

Get the workbook

You've got this.



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