

# When I Say No I Feel Guilty - Summary

25 upvotes | 6 June, 2018 | by becoming\_alpha

---

Reposting from main sub on to askMRP per the mods. I have a serious problem with defensiveness when my wife starts criticizing me. WISNIFG was written for me and I just re-read it and outlined the material to help internalize it. Fogging, Negative Assertion, and Negative Inquiry are the exact tools I need and I'm finally using them how I should. I'm sharing the TL;DR summary.

Edit: full 12 page outline with too many nested bullets for a reddit post is [here](#).

**Summary of Assertive Rights** – You have the right to:

- 1 – Be the ultimate judge your own behavior, thoughts, and emotions, and take the responsibility for their initiation and consequences upon yourself
- 2 – offer no reasons or excuses for justifying your behavior
- 3 – judge if you are responsible for finding solutions to other people's problems
- 4 – change your mind
- 5 – make mistakes – and be responsible for them
- 6 – say “I don't know”
- 7 – be independent of the goodwill if others before coping with them
- 8 – be illogical in making decisions
- 9 – say “I don't understand”
- 10 – say “I don't care”

**Summary of Assertive Skills**

**Broken Record** (verbal persistence) – keep saying what you want over and over again in a calm repetitive voice, without getting angry, irritated, or loud

- “I want x” repeated as many times as needed

**Workable Compromise** – Whenever your self-respect is not in question, offer a workable compromised to the other person. Do not compromise a matter of self-worth

**Self-Disclosure** – Assertively disclosing information about yourself – how you think and feel. Make sure body language is congruent, eye contact.

- Can also be a neutral inquiry, just trying to understand

**Fogging** – Agree with the truths in non-assertive criticism. Agree with actual truths about you and your behavior and admit mistakes or errors. For arbitrary right/wrong judgments tacked on to criticism, agree with the odds or principle (there's always a grain of truth). Don't respond to anything implied.

- Agree with actual truth: That's true, that's right... I could, should x
- Agree with the odds/principal – for something that's possible: you could be right, maybe you're right, that's probably true, I guess you're right, you may be right, I understand why you think that, I see why you think that

**Negative Assertion** – Assertively accept and own (via self-disclosure) your errors and negative points.

Share true feelings we assume we should hide: dislikes, worry, ignorance, desires, and fears

- I did do x, what a very stupid/dumb/inefficient/wasteful/unproductive thing to do, I didn't handle that well, I messed that up, I goofed, that was a dumb thing I did

**Negative Inquiry** – prompting criticism – inquire into structure of right/wrong structure in criticism, and ask for more information wrong/bad about your behavior. The critical issue can then be out in the open to find workable compromise

- I don't understand, what is it about x that is bad/wrong/you don't like?
- What am I doing specifically that's x?
- What else is wrong or what don't you like about me doing x?

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

johneyapocalypse • 11 points • 6 June, 2018 01:56 AM

I want my meat.

MrChad\_Thundercock • 0 points • 6 June, 2018 03:51 PM

That's the only thing I remember from that book.

becoming\_alpha[S] • 3 points • 6 June, 2018 06:15 PM

I'm sure you feel that way, but I still want my meat.

Siul80 • 3 points • 6 June, 2018 04:01 PM

This book helped me a lot dealing with my borderline disorder wife. It saved my integrity too!

GermanScrewdriver • 2 points • 6 June, 2018 08:32 AM

Just finished reading it the first time and planned to take notes :) thanks for filling in!

Terminal-Psychosis • 1 point • 6 June, 2018 05:23 AM\*

Excellent book for anyone learning about assertiveness.

Simple, real-world examples of how to ground out abusive manipulation.

Can also be used to manipulate, so take it slow with the new toolbox.

These skills for setting healthy boundaries (external *and internal*), are key on the path to adulthood.

Nice Summary Mr. Alpha. We hear a lot about these methods on TRP, and it is an invaluable resource.

The "Bill of Assertive Rights" is an eye opener when starting out. Was for me anyway.

When I Say No, I Feel Guilty <- Amazon link

I feel this book really should be in the side bar.

It has the basics for that critical self-worth, and psychological self defense that is the core of TRP.

becoming\_alpha[S] • 1 point • 6 June, 2018 04:15 PM

This book is #2 on the MRP sidebar right behind No More Mr. Nice Guy. It's fundamental.

NothingWillHappen • 1 point • 6 June, 2018 08:37 PM

Remember kids, always take advice from someone that labels their self with Terminal - Psychosis.