



# Developing Your Backbone: The Science of saying **NO**

*Dr. Anne Brown RNCS*

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Researchers have found we are more effective in our interpersonal interactions when we are more open and aware of our blindness's. The more authentically we speak; the more successful we will be in our career, our love life, our family, and with our health and our friends. If our speaking and actions are driven by honesty, we will be in the world with authenticity, power, passion, dignity, peace and success. People pleasing is driven by distortion of the truth, avoidance of conflict, need to be liked, insecurity, poor self-esteem, and or giving away power. Takers, addicts, bad boyfriends or girlfriends, predators, people driven by greed take advantage of people pleasers. People pleasers cannot take care of themselves in the presence of these people so often feel like victims in the world. The world is smaller, more complex and challenging. We need skills to be able to negotiate our way through the darker sides of life. I have found that implementing three distinctions I will call Backbone tools: the ability to say No with dignity, make requests, and speak authentically can radically change one's life. All of us need Backbone Tools. When you bump up against the Bernie Madoffs of the world and they can't tolerate requests, it is time for you to move on before you find your wallet empty. The people in 12 step programs can greatly enhance their recovery by reading this book. I believe for most people struggling with addictions, including eating disorders, and the friends and families of those struggling with addictions, there is a component of people pleasing. Women who have been abused or are being abused AFTER they are in a safe environment need Backbone skills. If they learn these skills early in life they will have the tools to avoid abusive, toxic situations. Anyone who feels they have any aspects of avoiding conflict, keeping the peace, not rocking the boat, or difficulty speaking honestly will find this book empowering!

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