Would You Mind? Workshop

Cheat Sheet

The Core Idea:

> People-pleasers struggle to say no because their brains are wired for survival, not boundaries. No-oriented questions create emotional safety, restore choice, and reframe power.

🧠 The Brain Behind It

- **Amygdala** = fear center. Triggers fight/flight/fawn.
- Can be activated by yes (commitment = danger).
- No = Safety, unless you're a people pleaser, then no = danger, and yes = safety.

⚠️ Common People-Pleasing Traits

- Saying yes when you want to say no
- Apologizing excessively
- Avoiding conflict or discomfort
- Taking responsibility for others' feelings
- Losing clarity on your own wants and needs

🛠️ **No-Oriented Questions (NOQs)** Use these to reframe conversations and reclaim agency.

Situation	Example "NOQ-NOQ"
Asking for something	"Would you be completely opposed to…?"
Setting a boundary	"Would it be a major big problem if I said no?"
Needing space	"Would you mind if I gave this some thought?"
Declining a request	"Would it be terribly upsetting if I said no?"

Look for **the 'but'** – it often signals *collaboration* (e.g., "No, but let me…").

🎯 **Tone & Delivery Tips - Remember 7-38-55 (Words, Tone, Body Language)**

- Slow your speech. Breathe. Allow a slow pace and silence to work for you.
- Use open body language and relaxed posture. (shoulders back and down)
- Soften expressions to signal calmness and safety.
- Be gentle and kind.

📚 **Recommended Reading**

- *Never Split the Difference* – Chris Voss (great for navigating difficult situations)
- *Let Them Theory* – Mel Robbins (great for managing everyday situations)
- *The Next Conversation* – Jefferson Fisher (great for conversation framing)

✅ **Practice Exercise** Each day for the next 5 days, use one NOQ in a low-stakes situation:

1. Would you mind…? (e.g., passing something, giving space)
2. Would it be a ridiculous idea if…?
3. Would it be a problem if I said no?
4. Would you be completely opposed to…?

Rate your comfort and the reaction from 1–10. Reflect.

Your Only Assignment: Practice using one "Would You Mind" phrase per day. Otherwise practice in your head, the brain doesn't know the difference.

Contact

Need help framing a conversation or navigating a situation? Gelsomino is available for free 1:1 coaching: g@bodyshoppittsburgh.com or call/text at 412-204-7004