

Dare Trust

From Stress No to Healing No

Overcome Distrust



“We need a reconciliation with the No”

Werner May, emcapp.eu

The Healing No
creates the conditions for
valuable relationships:

- become familiar with one another
- cope with conflicts
- intimacy
- lifelong friendships
- master tasks together
- laughing with one another
- shared anticipation
- ...



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Do some of these personal goals, or at least one, apply to you?

I want to

- find a real yes I can stand up for
- say no if I mean no
- learn to speak a no that is taken seriously
- be a head rather than a tail in life
- win deeper relationships
- gain more space for myself to live
- help others to follow rules
- help others to overcome their mistrust
- find inner strength, jointly as well



If one or more of these goals apply to you,
then go on a reading tour now.

Duration? 10 minutes -1 hour – or...?

This eBook is a criss-cross reading book:
scroll through it until a thought "catches"
your attention.

At the beginning a "humble" confession

"We Viennese, we do it very differently with saying no", I was told after a lecture in Austria.

That did not surprise me, because there are intercultural differences in dealing with saying no. For example, in some countries it is not polite to say no to an authority person.

However, such differences underline the importance of this concept "The Healing No" as it probably affect all people in developing a socially acceptable way of dealing with the tension between trust and mistrust in using yes and no.

So the challenge is not so much whether "The Healing No" can also be used in every detail in Africa, Asia or anywhere else in the world, but whether the basic ideas can sensitize us and bring us closer to one another.

For relationships with quality
you need

a RELIABLE YES,

a CLEVER NOT YET

and a Healing NO,

in other words:

The Smallest Basics
of Relationships.

Yes	Ja	是的	sí	да
vai	kyllä	ໂງຸ່ມ	ioe	
𑌕𑌃	sim	vâng	はい	
tak	evet	nuhun	da	
نعم	áno	ஆம்		

The RELIABLE YES

The reliable yes makes itself fully aware of the quality of its yes, is not exaggerated and also not “dried up”, but has carefully considered the reasons behind it.

Not Yet Noch nicht هنوز
 ยังไม่ได้ henüz değil
 pas encore אין עדין Aun no
 ليس بعد Ainda não
 Еще нет jeszcze nie

The Clever Not Yet

Humans live in time and the Not Yet marks the time dimension of life.

The time is not always ripe for a yes or a no.

It is wise not to allow time pressure to push you into a yes or no.

No kahore hakuna ༈ଁ
нет non いいえ hindi
Үгүй ikke nu nie
𑂔𑂱𑂰𑂶𑂺𑂰 he leai hayır nee
没有 nǎo ne akukho

The Healing NO

The Healing No is a no that does not separate, but seeks to deepen relationships and create trust alongside the meaning and purpose of the no.

It connects people to one another instead of separating them.

*"The shortest words,
yes and no,
require the most thought."*

Pythagoras

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Boundaries earn our trust

The Smallest Basics
of Relationships
form our boundaries.



Boundaries make sense

Yes, Not Yet and No form our boundaries

"No, stop, stay where you are!"

"Not yet, I need some time!"

"You can go so far, yes!"

Boundaries make sense

Boundaries

deserve

our trust

as long

as they stay vital

and flexible

and are not rigid.

Boundaries make sense



**Searching for
living boundaries**

Boundaries make sense

**Living boundaries serve
to deepen the relationship**

**On the beach there is a border between
sea and land, but a mobile one, a living
one.**

It moves with ebb and flow.

It creates a border area, a living border.

Boundaries make sense

We often need living boundaries for our cooperation:

The no or the yes is usually not exactly accurate but includes a border area.

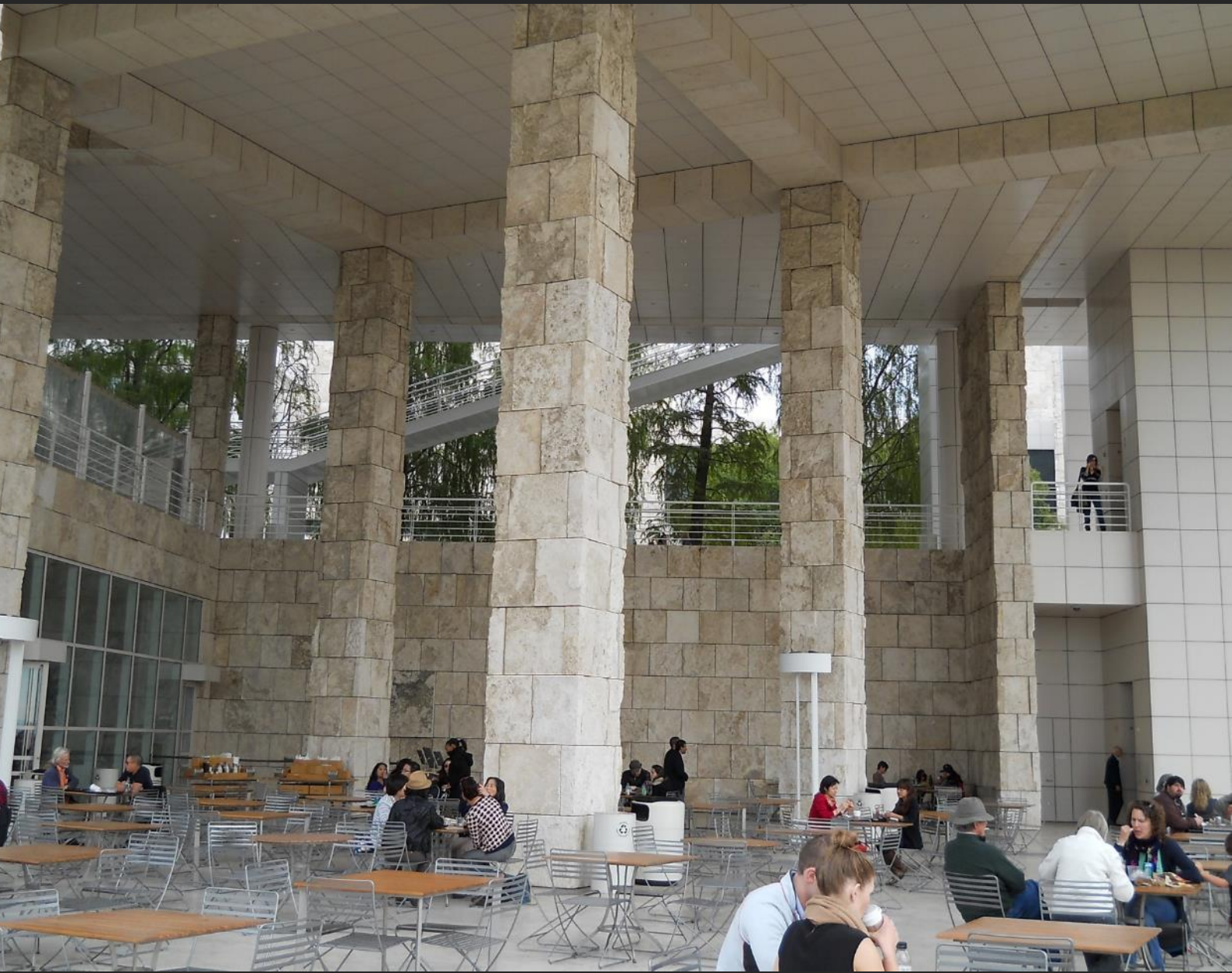
A fixed limit is in danger of losing sight of the meaning of no or yes.

It's all about the rule, about the law and not about people anymore.

Boundaries should serve us.

Therefore we must say goodbye to rigid boundaries and need the courage for living boundaries!

Boundaries make sense



It is rare that two or more people have exactly matching opinions.

Living boundaries give us space to draw nearer.

Boundaries make sense



With living boundaries, one has to understand the meaning of border demarcation and, in the concrete situation, find out the relevant boundary within the larger boundary area - and at the same time preserve its meaning, and even become more aware of it.

boundaries make sense

Dare to have living boundaries

Boundaries are there for us, not we for the boundaries.

We do not sacrifice anybody for a boundary.

It is always about humans, and not just about rules, not just about laws.

They are useful, but they must not become an end in themselves.

Boundaries make sense

Boundaries are something good!

To the picture of the flexible beach we can add the image of the guardrail.

Every no fulfills a threefold function as a borderline, like a guardrail:

- It gives us orientation following the path.
- It protects us when we are in danger of getting off the track.
- And it protects others from us, or protects us from others, when we or they have strayed from the path.



"Guardrail boundaries" are meaningful,
but only on the right place.

Boundaries make sense

**Boundaries deserve our trust
as long
as they are alive and flexible
and do not have to be rigid
from the start.**

Boundaries make sense

Be careful!!!!

Please listen to my colleague Vibeke Møller from Denmark.

Her worldwide experiences as a trauma psychotherapist for more than 30 years have taught her that too many people are not able to set boundaries or cannot say no:

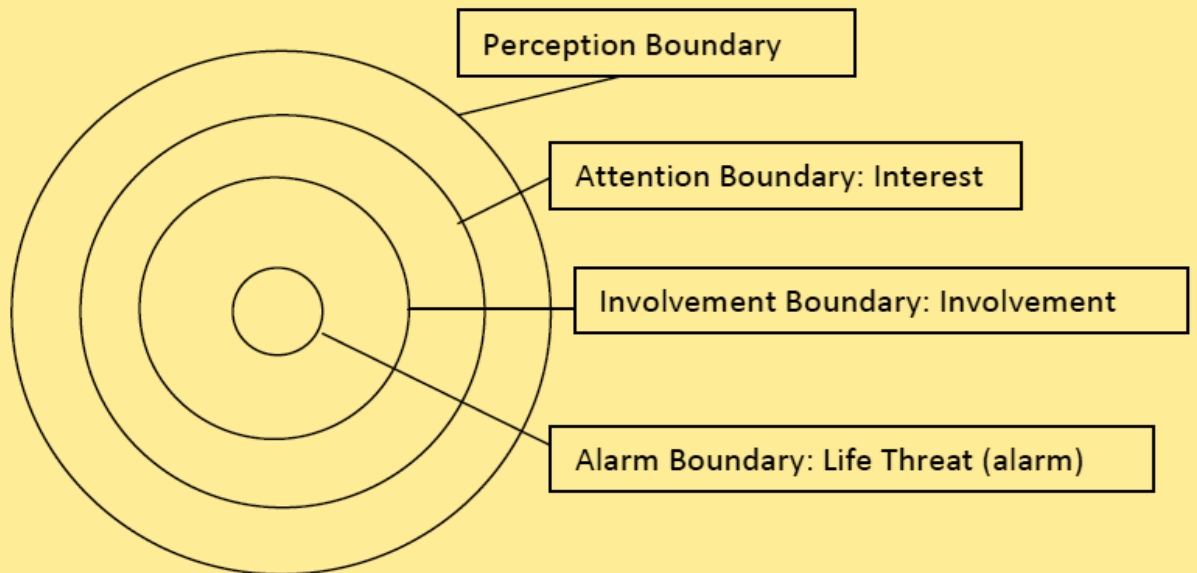
"When an abused person starts to set boundaries, often at the beginning of this process, their no can be very harsh and a kind of rejection. This is normal and necessary. Later when they have practiced setting boundaries for a time, then they can say no in another tone of voice."

The concept of the Healing No is not a therapeutic concept for trauma work!

Boundaries make sense

Arranging our inner boundaries with the Smallest Basics of Relationships

Illustration: Interaction Zones



Boundaries make sense

Inner Boundaries: An example

After our Sunday service I am talking to a friend, whom I have not seen for a long time. Another person comes along, listens to us and wants to join the conversation.

With this action, he does not just touch our attention boundary. We not only notice that he is there, but he has also crossed the limit of involvement: we have to deal with him.

He causes us stress, because at that moment we have our "Inner Boundaries" just for one another and are not open for a third party. We would love to send him away, which actually is our right, because he was not sensitive and did not respect our different inner boundaries.

Boundaries make sense

What may touch my four inner boundaries today?

Who and what will touch my Perceptual Boundary? Which advertisements will there be beside the road?

What will hit my Attention Boundary? The neighbor with his motorcycle noise?

What will affect me? How close will I allow the problems and weaknesses of others to get to me? Do I want to hear about them at all?

Where will I feel threatened today? By my supervisor or by alcoholized fellow citizens?

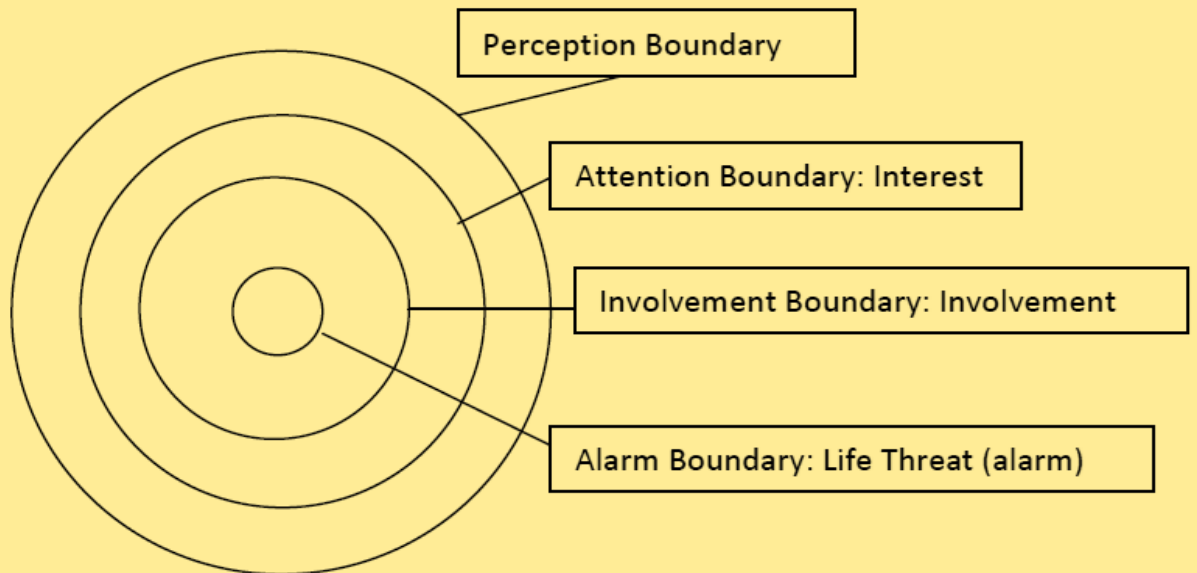
What do I want? What should be? How consciously will I be involved?

My yes, no or not yet is needed.

Boundaries make sense

The Healing No strengthens our internal boundaries

Illustration: Interaction Zones



The fivefold meaning

With the Healing No


... we can support and advance others

... our legitimate needs are protected

... our values will win

... we will achieve our goals

... our relationships will gain in capacity
and depth



**The Healing No enables a
meaningful life.**

The first sense dimension of no: protecting the safety of others

You have been out to dinner with a familiar person in the evening.

The other person has drunk three beers. The person asks you if you agree that he / she drives.

(It is his car, but you have a driver's license.)

Here your no is a no that wants to protect the other person: a safety protection no.

Caution:

It is important with safety limits that you ask yourself what concrete danger you want to protect the other from. First name it and then check: is it really true?

The second sense dimension of no: A no that is related to my needs

You are at work and just about to leave. A colleague comes and asks you for help, which would take about 30 minutes. You know that others could help and have time.

Would you say no?

- Have courage to meet your own needs, because we all have limits that we should not exceed (e.g. we need enough sleep), and we also have a right to have free time (with friends, for ourselves ...).
- But also have courage to voluntarily renounce your needs out of love for the other. (I can act voluntarily if I am also capable of living out my needs.)

The third sense dimension of no: my values

A value-no starts with "I think that it is important or right that ... "
For example, "I think it's right not to speak negatively about absent persons . "

Everyone has a right to values. But we do not all have the same values.

Be open to the values and beliefs of the other. Let others tell what exactly they think and feel and consider valuable.

A value-no needs conversation.

This is exhausting, but it gives our no strength if it is still necessary.

The fourth sense dimension of no: I want to achieve certain goals

You are responsible for preparing a colleague's birthday party and have made a time and organization plan with others, who will help.

One day before the party, the colleague responsible for the drinks asks if anyone else can take care of the drinks.

You have a goal. To achieve this goal, you have made decisions, plans, coordinated, and involved others.

You will say no, because time is short, it is probably hard to find a replacement, the task of providing drinks is not so complex,

...

The fifth sense dimension of no: deepening valuable relationships

A political election is approaching. A friend asks whether you would vote for his party. You do not intend to do so. If you say no, you know that you both need to talk seriously.

You will respond to his question, express your opposing position, thus saying no to his position, because this relationship is important to you and it is worth getting to know the other better.

A relationship in which everyone can communicate opinions, decisions, and wishes openly is considered desirable.

To deny, or even to pretend, will more likely lead to a permanent disconnection rather than a connection.

Which of these five limits is
the most difficult for you to
set with your no?





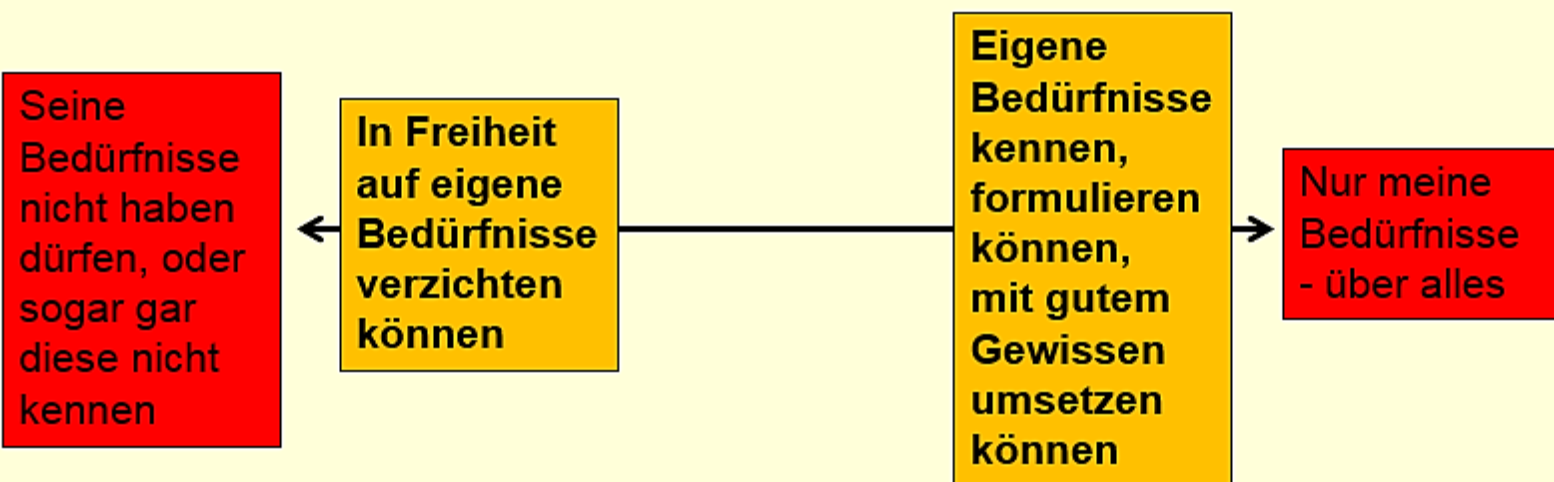
The result of a personal survey showed that the most difficult no to say is a no to protect your own needs.

In asserting our needs, or even in meeting them, we become afraid of being selfish, self-centered or unloving.

The Smallest Basics of Relationships set my own needs free!

There are two healthy, quite important perceptions of our needs (> yellow) and there are "red" exaggerations, which are self-centered and unloving.

We should avoid these two exaggerations.



Boundaries make sense

The Healing NO sets my own needs free!

Every person has needs, is entitled to them, should know and show them.

Only then one can make the decision to fulfill or forsake them.

Both the following are part of a life in faithful relationships:

Showing and living out one's needs, or freely or voluntarily forsaking them as it fits the situation, as it serves others and oneself, as it is possible.

Boundaries make sense

The ideal fivefold meaning of boundaries set by the Healing No

... strengthens my inner conviction
that I'm on the right path.

... gives me a perceptible authority,
and that makes me more effective.

... but at the same time lets me remain
open for the other.



The Healing No strengthens me.



Boundaries make sense

"It was new to me to see meaning behind a no, not just a negative feeling.

When I became aware of the five sense dimensions, it gave me a lot of strength, because my no had no longer such shaky legs, but had a solid foundation. That gave me a lot of security in my everyday life."

A. M.



**We're looking forward to
learning more about the
Healing No**

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How many times a day do we say no?

According to behavioral research, we consciously or unconsciously make more than 20,000 decisions a day, and our inner mental or emotional no and yes are involved in setting these decisions.

That does not really stress us - apart from difficult choices: two or three unpleasant no we have to confront others can darken the whole day.

The Healing No

The Healing No is a no which is supported by five yeses:

- The yes to the other
- The yes to the no.
- The yes to the relationship
- The yes of others to me
- The yes which supports the other



**There is a no
which is supported
by five yeses**

No 5x **Yes**

This no can build trust,
connecting people
instead of separating them or
distancing them from each other.

1st step

My yes to the other

The yes to the other "resists" devaluing the person to whom I say no :

I am for you, and if I am saying no now, I am still for you.

This yes to the other can be seen be like, for example, putting one's hand on the other's shoulder - as a welcome, but it must certainly start in my heart.

1st step

My yes to the other

If I already have reservations about another person, no matter whether I have to say no or not, it pays to "work" on my image of the other.

I can assume that every person possesses something valuable, or that he has more potential than he himself believes.

There is something to be thought highly of in everyone.



1st step

My yes to the other

I want to understand you.

One will always think up spontaneous explanations of why the other does something. But these explanations are not necessarily right.

Understanding the other may mean that I can respond to him differently or correct my opinion of him, perhaps even making a no unnecessary.

The Healing No

But, to be clear:

Understanding other does not mean that I have to consider him right, but it does mean "standing on his side" and being for him, even if I then say no to him.

2nd step My yes to the no

Speaking the no clearly and persistently

My no is clear:

I say, for example: "No, I need you, you had agreed."

So do not start with "Maybe", or "It would be nice if ..."

With eye contact:

Eye contact establishes a relationship and, if it lasts during the no, it intensifies it.

I also announce consequences, but only if it is really necessary, just and feasible.

2nd step My yes to the no

Speaking the No clearly and persistently

I do not give more than two reasons for my no, so that I do not give the impression that I want to know better.

The tense situation itself is not a good time to justify reasons. That should be done some other time.

But by giving reasons I reach out my hand to the other, expressing appreciation: "You deserve an explanation of the reasons for my no."

The Healing No



Don't forget

The Healing No

"My observation of what my no actually looks like in practice: weak, unclear, not convinced myself.

It opened up to me that it is hardly a wonder that others do not recognize or accept this no as a real no.

This realization was enlightening and instructive for me."

(S.B.)

3rd step

My yes to the relationship

The challenge:

Calm down, or at least stay within the relationship.

Figuratively speaking, I shake hands with the other and somehow express that we are, and want to remain more than this “no” topic.

... and I do not want to withdraw my hand, even if the other does not agree with my no, or if the other reacts angrily.



**Only a relationship
which can bear a no
is a real relationship.**

4th step

The yes of others to me

There are others who would also say no
in this matter. They are for me,
(invisibly) backing me up.
That creates a yes to me.

But I am also for myself:
I can say no because I exist!
I am no less important than the other.



And in a situation where it is very difficult to say no, it may be advisable to have someone with me (as a supporter).

5th step

The yes which gives trustworthy support

No matter how the other person behaves, whether he gets angry or turns away, I do not let myself be separated.

I, who was the aggressor in the eyes of the other, now offer myself as a comforter.

If the other trusts me now, there is healing from the mistrust that triggers a no. Trust grows.

This fifth yes can not always come to fruition, it needs a special space, such as an educational relationship. At work this step is rarely possible.

5th step

The yes to give trustful support

"Peter is angry.

Trouble with his parents again ... "



Consolation is needed.

The Healing No

.. this time at the dinner table! Again they sent him to his room with angry words. There, he is just about to throw everything around. As so often already. He is angry, angry with his parents - and angry with himself. He wanted to pull himself together! But why do you have to eat salad? He does not understand that, when it tastes so awful.

Peter is tossing his schoolbag into the corner when the door opens and his mother is standing in the room. "Now she's about to yell," he thinks, watching her out of the corner of his eye as he pushes his chair aside. "Why is she quiet? Why is she not shouting or simply going away? "

Peter gets confused. This is unusual for him. When his mother comes closer and lays her hand lightly on his shoulder, he jumps, at first out of fear, then he turns away more out of spite. "Get out of here," he breathes.



The Healing No

As his mother draws him closer to her, a fight breaks out in Peter.

How keenly he longs to be close to her. But there is also the mistrust about hearing how evil he is. Suddenly he is unable to do anything else except cry and hold his head against her shoulders.

After some time, the mother starts to talk about how she herself was not able to eat a bite of spinach as a child. "And how did you manage that?" he asks. "No idea, but today it's no longer a problem for me," replies the mother.

Peter straightens up and sees the mess he has made of his room. "I'll clean it up," he mumbles. "Okay, maybe tonight we can talk about the next time we eat salad." His mother strokes his hair again and leaves the room.

The so-called fist exercise, which I want to suggest now, clearly illustrates what it means to be with the other.

Instructions for the fist exercise

Two people sit facing each other.

One makes a fist, the other has the task of opening this fist, but without using words and without violence.

Typical course of the fist exercise

At first the "opener" tries to be active, he strokes or tries to move single fingers carefully. The fist does not open, maybe it closes even more.

Now he turns to the whole person, perhaps touches his arm or squeezes his shoulders. But even this brings no results.

Maybe he's already giving up inside now. The proposal to use force is in the back of his mind.

Or he becomes more creative: he tickles, drops something valuable, so that the other person opens ... Nothing happens.

He will probably give up now - or he will realize that he can not open this fist, only the other person can, if he wants to.

Now is the opportunity to switch from action to securing, to hold his hand under the fist until it opens voluntarily, however long that may take.

The fist exercise is an insider tip!

"Fist opening is a simple and ingenious example of many problems where we try to change situations.

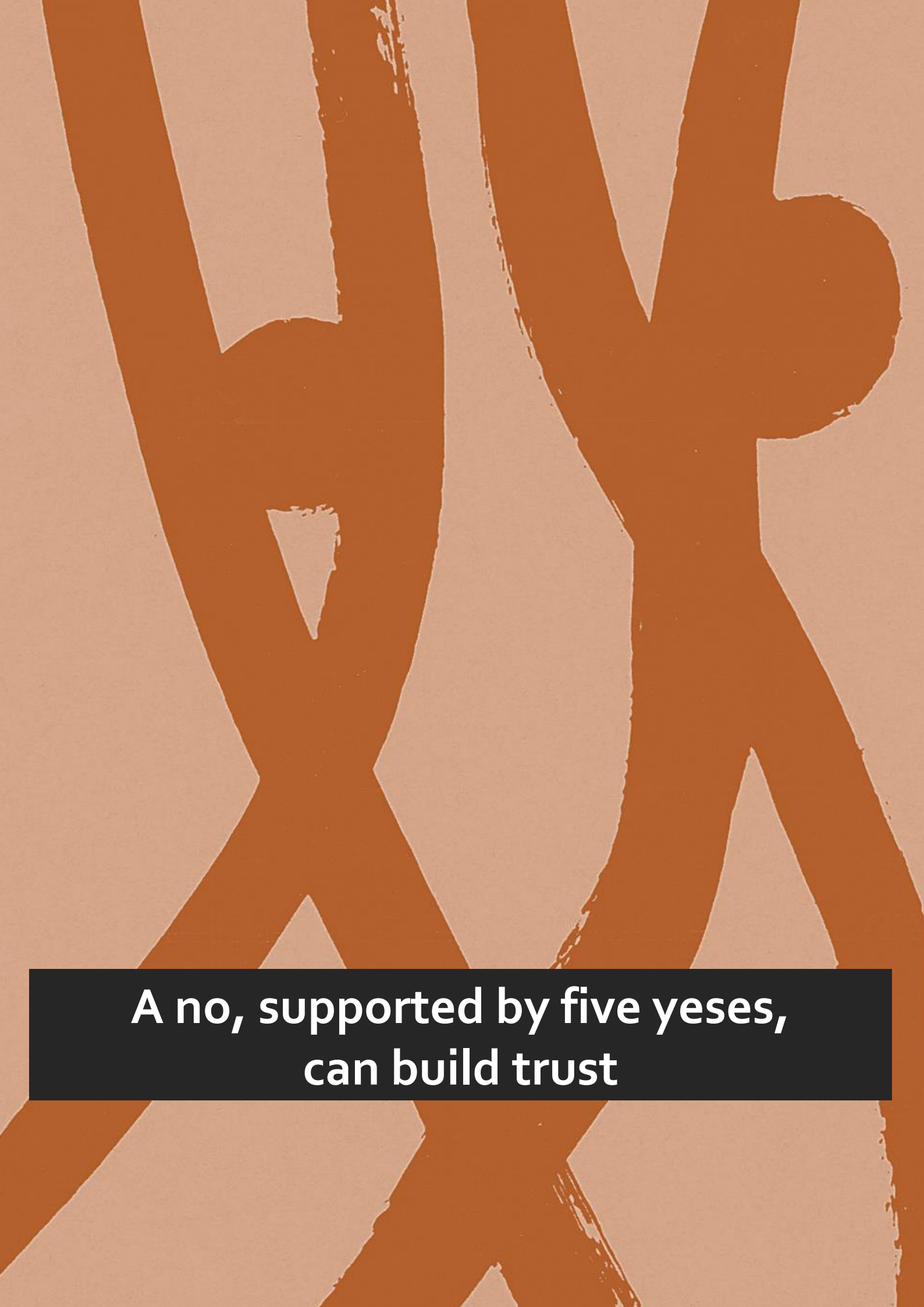
It has given me an awareness that much can not be bent as I would like it.

It is important and good to preserve the relationship and not respond admonishingly to a stress-NO

-sometimes solutions come up later on –

I stay calm, I hold it out, I can see myself as the one who makes plenty of effort, but the result is not necessarily dependent on my preceding activity."

(SB)

The background of the image features large, expressive, orange-colored brushstrokes on a light beige or cream-colored surface. The strokes are thick and have a textured, hand-painted appearance. They form abstract shapes that resemble stylized human figures or limbs reaching upwards and outwards. One prominent stroke on the left curves upwards and then downwards, while another on the right is more vertical and reaches towards the top right corner. The overall composition is minimalist and artistic.

**A no, supported by five yeses,
can build trust**

A no, supported by five yeses, can build trust

During a teachers' conference, W., 35 years old, was reminded by the director of her obligations in a case of misconduct.

She responded with allegations that she was not understood and that her relationship with the director was impaired. It is difficult for her to separate and to distinguish where she has made a real mistake and where she has to see her own responsibility.

The Director, as the facilitator, stuck to the borderline, demanding compliance with the obligation, but at the same time showing her how much he appreciated her.



A no, supported by five yeses, can build trust

... The conversation ended with him explaining that the decision still stood, but he was ready to clarify the relationship and, if desired, consider how W. could fulfill her obligations.

The next day, he chose to make contact with W. to show that the relationship is still important to him, that he is not against W. but for her.

A week later W. approached the director and said that something fundamental had happened. Her negative feelings towards him were suddenly blown away, yes, on the contrary, she could not resist true sympathy.

W. could break through to trust in this conflict situation because the director was trying to give confidence and yet speak a clear no.

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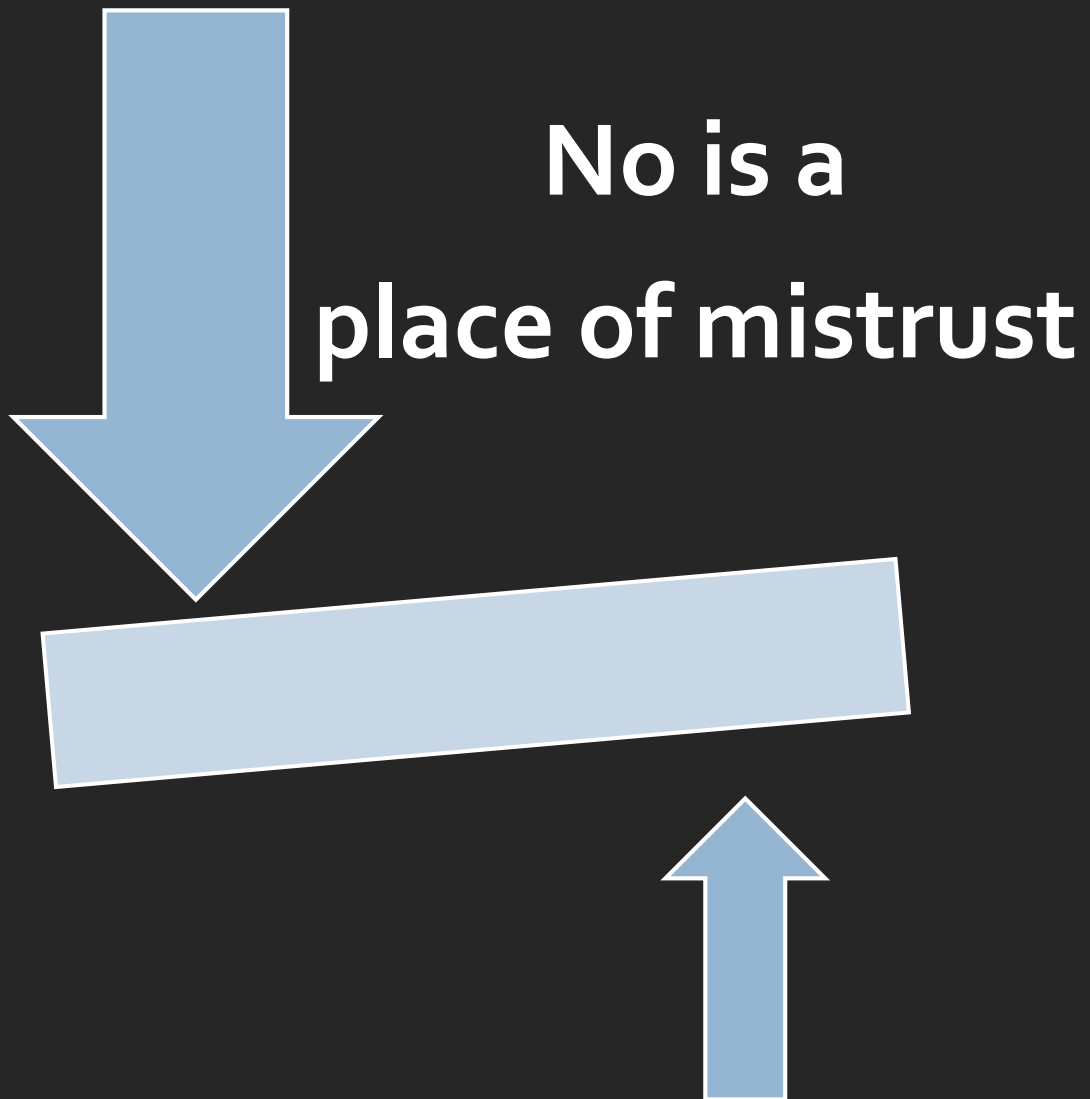
127 Literature. The author. Imprint...

The cost of the Healing No

But it is also true that the price
which has to be paid for the Healing No
should not be concealed.

**There will be more trouble
in your life.**

Because ...



What could happen to a person who experiences a limit, experiences a no?

- Constriction, frustration: "It is not working the way I want."
- Threat: "The other is against me."
- Rejection: "The other does not want to be with me."
- Inferiority: "I am worth nothing to him (him and others)."
- Shame: "I should not exist!"
- Powerlessness: "Escape!"

His reactions range between resistance, contradiction, eternal discussion, submissive consent, retreat or flight.

Distrust due to my no-biography

How was “no” said to me, as a child, as a teenager, ...?

Have I experienced the no sometimes, or even frequently, as arbitrary, devaluing or even aggressive?

Can it be that I want to avoid such experiences and therefore it is difficult for me to say no today?

Distrust due to my no-biography

And if I did say no?

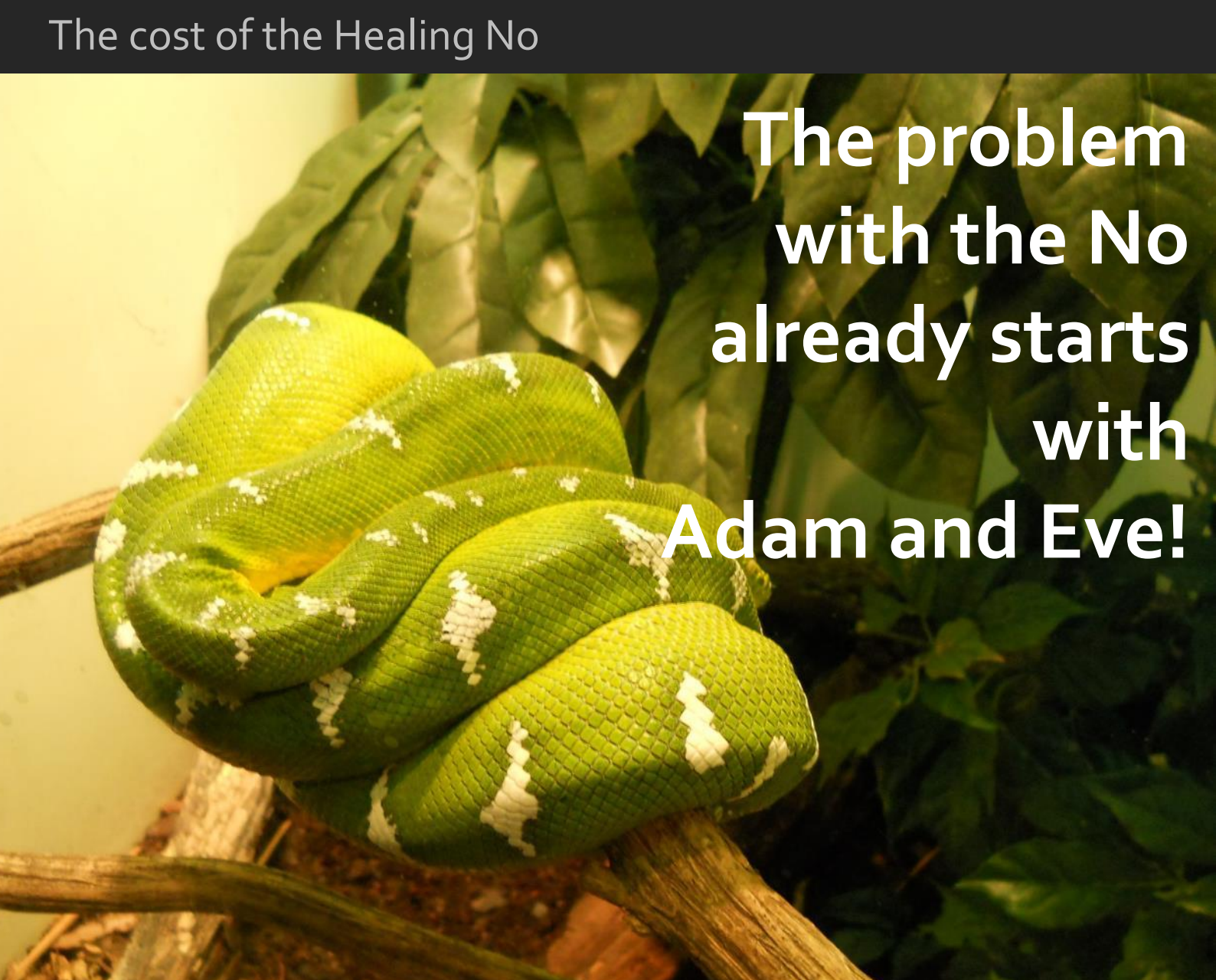
**How then did the others behave,
especially authority figures?**

Paying no attention? Without respect?

Mocking?

With violence?

**Can it be that I want to avoid such
experiences and therefore it is difficult for
me to say no today?**

A photograph of a green snake with white markings, coiled on a branch. The snake is the central focus of the image, with its body wrapped around a thin, light-colored branch. The background is filled with large, dark green leaves, creating a dense, naturalistic setting. The lighting is soft, highlighting the texture of the snake's scales and the vibrant green of its body.

The problem
with the No
already starts
with
Adam and Eve!

In the Creation account of the Bible, we read that even the first “no” caused problems. Above paradise stood the yes of God, his no had been spoken only regarding eating from the tree of the knowledge of good and evil.

And immediately distrust could arise: Could God want to withhold something from us?

Not only does the problem with the no seem to have something to do with my own life story, but it seems to be universal.

Is this familiar?

"My problem seems to be less about an inability to say 'no' at all. But my 'no' is very destructive and I tend to give up relationships too fast and withdraw to a distance after a NO, partly so that I can very soon consider people dead as far as I am concerned..." (S. S.)

One should expect
every meaningful No
to present itself
as a place of mistrust.



What do we fear if we say no?

- Trouble ?
- Disadvantages ?
- Deterioration in the relationship?
- Separation?

... especially trouble!

It seems easier to say yes and to hope to be loved by all and get along without any trouble.

But the trouble we want to avoid creates a lot more trouble than we feared at a later point.

Whoever decides to say no with consistently must expect that there will be trouble, even with the Healing No. But this trouble pays off.

foundational decision:

There may be trouble

It may cause trouble - even if I do everything right.

I do not want to avoid trouble anymore.

The potential win of a no is worth it and it is therefore worth facing the trouble!

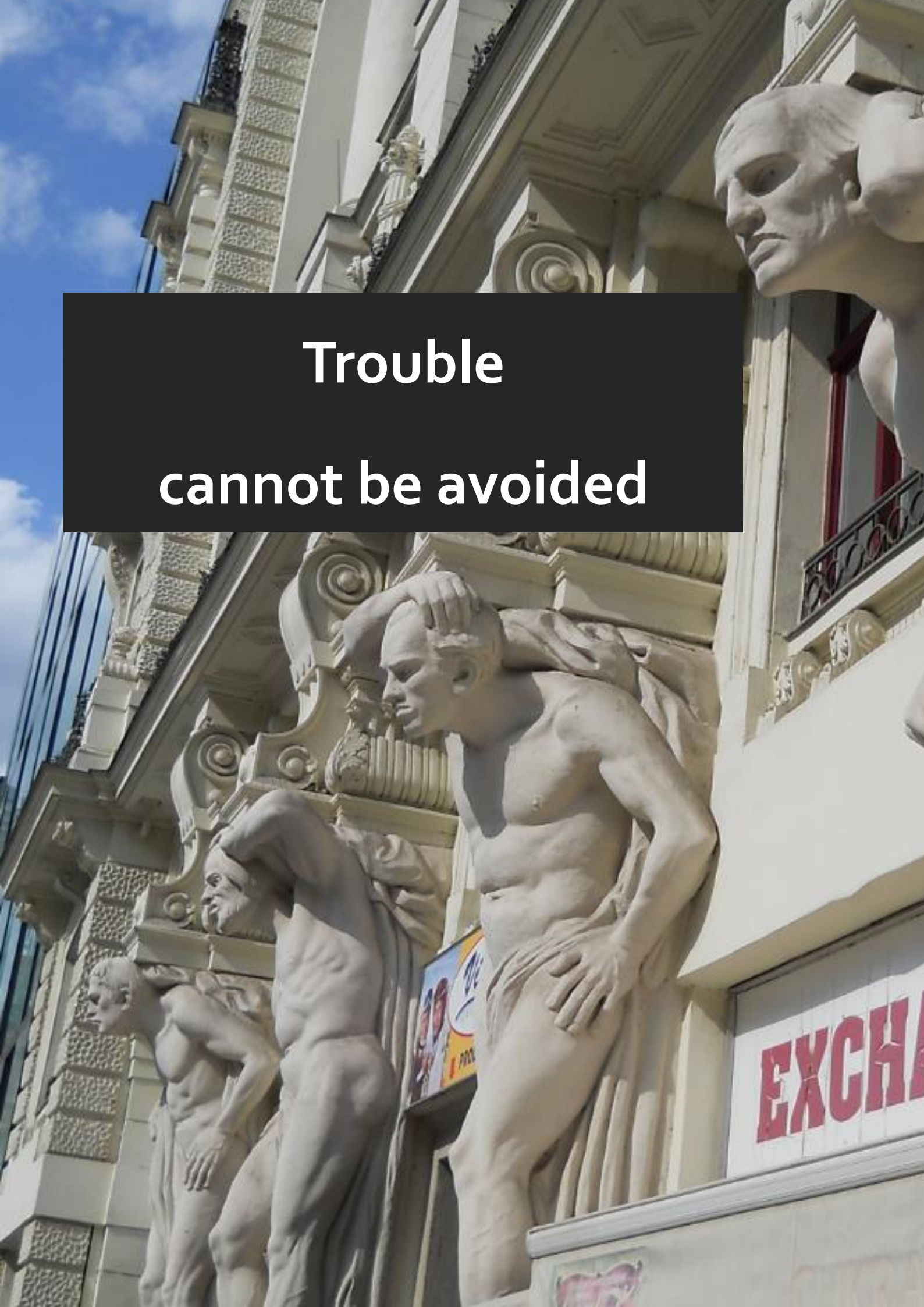
There is a high price for a trusting relationship, but it is worth it.

Trouble?

What is our basic attitude towards anger, what have we learned about what it is and how to deal with it?

Have we learned that anger is a bad feeling and joy, for example, is a good one?

And that bad feelings should not exist?



**Trouble
cannot be avoided**

EXCH

Trouble - Yes, please

Let's put aside the division into bad and good feelings, because it is more realistic to differentiate between pleasant and unpleasant feelings.

Delightful and motivating pleasant feelings, unpleasant feelings as warnings and signals to take care.

Trouble is a signal feeling that something is wrong. A valuable feeling!

Trouble is basically nothing bad or forbidden.

(Even joy can be quite bad, as glee over misfortune or at the wrong time.)

"> Saying No means: There may be trouble! <

Yes, you are right and then there is trouble; However, it is as with a thunderstorm: afterwards the air is clearer.

This stupid harmony addiction – I have not got rid of it all yet; rather, we are and will remain students - in every way. "

(V.I.)



**Trouble as a signal feeling -
Yes, please!**

**We need
a reconciliation
with the No.**



*"Let your yes be a yes, your no be a no,
what goes beyond that is evil."*

Jesus Christ

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Use the “times of peace”

Why do we so rarely use peacetime, times in which the no-issue is not an issue, to think, to plan, to evaluate, to discuss, to debate ...?

Mostly we are happy that there is peace, and we do not want to be disturbed by the topic of “no”.

But when else should we find the necessary inner distance from the problem to talk about it in peace?



**Use “times of peace”
to deepen relationships!**

Use "times of peace" to deepen relationships!

- Do not beat about the bush, but come to the point: what is it?
- First, listen: what is the other's view? This can be very different from what I previously imagined.
- Then my view. The 'no': What is it? My reasons for the no?
- Understand each other, even if I probably persist in my no.
- Discuss possible consequences
- Make agreements about consequences, and how and when we talk about it again.

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The Spirituality of the Healing No

or

The three
supporting yeses

Three supporting yeses

- My self-respect
- My self-efficacy
- God's yes to me

A special yes to myself: self-respect

I can learn where my limits are, in
strength, in reasonable closeness, in skills,
...

because only then will fear and overwork
not determine my relationships and my
actions.

To observe myself also means:

I not only know my limits, but also my
joys.



... I also pay attention to my pleasures

Self-respect
strengthens
our yes, not yet and no.



"Yes, how can person who treats himself badly be good to someone else? So remember: treat yourself to yourself.

I do not say: always do that; I do not say: do that often; but I do say: do it again and again.

Be there for yourself as well as for everyone else, or at least for everyone else. "

(Bernard of Clairveaux, 1090 - 1153, wrote this to Pope Eugene II, who had previously lived as a monk in his monastery.)

A special yes to myself: self-efficacy

"I have faith in myself and my abilities."

"By my endeavor, the problems that stand in front of me can be moved positively."

"Others believe in me and only expect from me as much as I can afford to give."

The Spirituality of the Healing No



To be able to set goals and to be able to accomplish something, in short: act, that is part of being man just as God created him.

We experience ourselves as the cause of effects.

Self-efficacy including error competence

In being self-effective, one may encounter this kind of failure: I am able to make a difference, but the consequences are unexpected.

An error competence, the ability to use mistakes, is required.

It's about

- falling down and getting up again
- evaluating errors
- taking responsibility for possible damage
- and then continuing where you were before falling.

**Being convinced
of your own self-efficacy
strengthens your
Yes, Not-Yet and No.**



**God's yes to me
and my yes to him**

Nothing can separate me
from the love of God,
who is in Jesus Christ ...

"Behold, I stand at the door and knock."

It depends on a conscious relationship with God. This requires our yes.

Yes, God is at the door of every human being. And he knocks. Not just once. Often.

But you can only open the door yourself. This door is not a completely closed door, so I know what is "lurking" behind it.

It has windows (the experiences of others, the Bible, personal experiences) so that I can start to trust, but ultimately the door is not made of glass.



Our devotion

Our devotion

... and I trust you,
that your no and your yes to me
are good,
reliable
and constant.





Without yes and without no ...

... no basic trust to life!

... no relationship!

... no person!

... no freedom to give and take.

Without yes and no no basic trust in life

The psychologist Petermann (1996) describes trust based on three criteria:

1. I trust the other person because I believe that he is for me.
2. I trust him because he is telling the truth, he has proved to be reliable.
3. The other person is predictable for me, i.e. his behavior, his views and beliefs are enduring.

We can say that every no and every yes we hear and say a hundred times in everyday life is one of the important places where trust grows.

The Healing No helps us

... in the most important learning task in gaining trust in our life: to solve the tension between connectedness and independence.

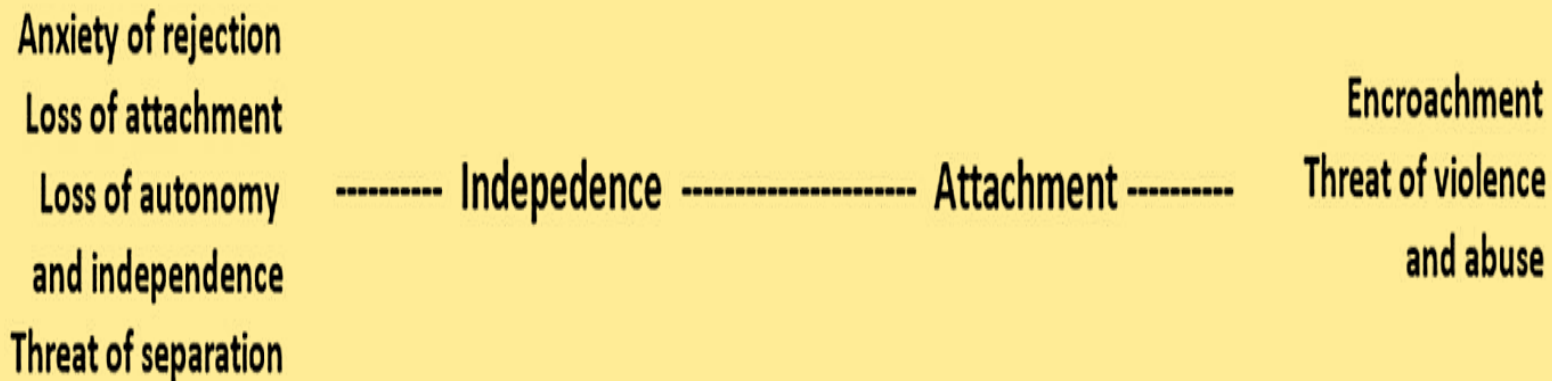
From the Christian point of view, every person is an independent person, who in turn can develop and live out this independence only in relationships.

We have to learn independence without losing relationships and learning connectedness without losing independence.

The whole thing has a catch:

Two dangers and fears lurk behind both important tasks: If I have too much connectedness, I can be captured or even abused, and I may be abandoned if I live in too much independence.

The Spirituality of the Healing No



Relationships can help us to come in contact quickly with two basic fears in our hearts:

"Do not leave me - do not hurt me."

This is how the Jewish philosopher Emmanuel Lévinas and the Swiss physician Franz Riemann formulate it.

The Spirituality of the Healing No



Reliable Yes + Healing No = I am alive!

Without yes and without no no relationship!

The great theme, faith and trust versus doubt and mistrust get fire with every No everyday and from the beginning in human history.

In other words, we cannot do justice to God's mission of love if for us the no does not belong as naturally to love as the yes.

Always saying yes is living without love,
If you can not say no, you cannot say yes!

No and yes are the essential components of a relationship. And the Christian faith is a relational faith: from its beginning in human history, the mission to love has been at its core.

The Spirituality of the Healing No



No and yes are the essential
components of a relationship.



Provocative thesis:

Do we perhaps love so little because we
can not say no?

Because we think that a no is careless,
that loving means saying only yes?

Without Yes and No no person!

God is a person - that is an important part of the Christian faith - a person with a will, with freedom, with feelings, with goals and intentions, and we, as his counterparts, as his redeemed counterparts, are the same.

The ability to find identity by setting boundaries belongs to be a person.

Without yes and no no freedom to give and take.

Setting limits to protect our own needs is hard for us, as described above.

This has something to do not only with more or less self-confidence, but also with the courage to stand up for your own rights and needs, to live them out, to take what you deserve, but also to relinquish the love of freedom, to renounce freedom and to pass beyond what belongs to me.



Yes and No:

I am allowed to be!

The Healing No

The Healing No creates
in-depth relationships
and thus allows
confidence.



Gain familiarity with the Healing No

**"We trust others more
often than we believe.**

**And we are also much more
credible than we think. "**

David Dunning, trust scientist

Dare to trust

Overcome distrust



From the Stress No

to the Healing No

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"To recognize what is important, to understand this in its scientific dimension, then translate it into everyday life, with a living faith as leaven, and never without humor as seasoning: I understand that as my task!"

For over 20 years, Werner May has been working on the concept of the Healing No and has described 21 yes-variations "expeditions into the yes-land" in his German e-magazine www.gehaltvoll-magazin.de. He is also the publisher of the free e-journal Christian Psychology Around The World (<https://emcapp.ignis.de/>) and president of www.emcapp.eu.

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