

Syracuse Interim

Comprehensive

The Courage to Disappoint

"You can be a good person and still say no."

The Concept

People-pleasing is not kindness. It is a trauma response. It is a way of controlling others' emotions so you can feel safe.

If you cannot say "no," your "yes" means nothing. To live an authentic life, you must be willing to let people down. You must be willing to be the "bad guy" in someone else's story to be the hero of your own.

The Truth About Disappointment

Disappointing others is not a failure. It is a side effect of having a self. If you never disappoint anyone, you do not exist.

Deep Reflection

Reframing Guilt

Toxic Guilt

"I feel bad, so I must have done something wrong."

This guilt controls you. It makes you betray yourself to keep the peace.

Clean Pain

"I feel bad because I care, but I still have to say no."

This pain is temporary. It is the growing pain of becoming an adult.

The Turning Point: Practice Disappointing

Who are you afraid to disappoint?

What do you need to say "No" to?

A request? An expectation? A role you've been playing?

The Script

Write it out simply. No over-explaining. No apologizing for your needs.

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