



# Saying No

Learning how to say no, politely, and without feeling the need to justify your refusal with excuses or white lies, is a critical life skill. Being able to say no when you need to will keep you from becoming overwhelmed. It will also protect you from being unreasonably pressured by others, who may come to take advantage of you.

Think about a time when you agreed to do something that you did not really want to do. Describe the situation.

What were your reasons for wanting to say no?

Why didn't you say no?

By saying yes to this request, what did you say no to in your own life?

Write down three different polite ways you can tell someone no the next time you need to do so. Practice saying them in front of a mirror until you become comfortable saying the words.