
Practice Saying “No”

Objective: Practice some nice ways to say “no”.

It may be to a salesperson, a friend asking to do something that costs more than you care to pay or a child saying, “Everyone has one”! Sometimes the best decision is to say “no”. This isn’t always easy to do. Sometimes saying “no” makes us feel guilty, or we show a lot of anger in our voice when we don’t need to.

To become comfortable with saying “no” takes practice and preparation.

Explain the guidelines.

When our decision is “no”, it is helpful to use words and a tone of voice that does not make the other person feel mad or angry.

Provide each person with a list of nice ways to say “no”. Read through the list and ask for suggestions to add to the list.

Role Play saying “no”.

Suggested scenes:

- You’re invited to a home sales party, but do not want to buy anything.
- A family friend asks to borrow some money to pay a fine. To loan the money now, will mean the family cannot pay all of their rent.
- A child comes home from school with a notice that the PTO is selling candy bars. John asks to buy some.
- Dad is at the grocery store with three children. They all gang up on him and ask to rent a video for the evening. Dad isn’t sure there will be enough money to buy everything on the food list and rent a video.
- Mom is talking on the phone to a person asking her to buy some magazines.