

Assertively Saying No Skill Card 25

[Relationship Skills & Healthy Relationships](#)

Use Assertive Behaviors & Body Language:

1. A firm voice with appropriate volume (neither too loud nor too soft)
2. Direct eye contact
3. An open, relaxed, and cooperative tone and posture

Avoid:

1. Aggressive Behaviors & Body Language
2. Passive Behaviors & Body Language

How To Assertively Say No

General:

1. “No”
2. “No thanks!”
3. “No, thank you!”
4. “No, but thanks for asking.”

Delay the Decision:

1. “Not right now, maybe later.”
2. “I don’t want to decide right now!”
3. “I’m not sure. I need time to think about it”.
4. “Do I have to decide right now?”

Use Your Personal Credit Card When the Person Continues to Pressure You and the Person is a Friend:

1. “Do I have to (*do the behavior*) to be your friend (*boyfriend/girlfriend*)?”
2. “I like you and want to be your friend (*boyfriend/girlfriend*), but not if I have to do (*the behavior*)!”

Recruit an Ally if You are With at Least One Close Friend & Another Person Continues to Pressure You:

1. “I don’t want to do this. Do you?”
2. “You don’t go along with what they’re asking us to do, do you?”
3. “I don’t think this is a good idea. Do you?”
4. “You understand why I don’t want to do this, don’t you?”

Making Your Parents the Bad Guy:

1. “If I did this, my parent would... (*kill me, ground me for life, etc.*)”
2. “If my parents ever found out, they would never allow me to be your friend (*boyfriend/girlfriend*), and I don’t want that to happen!”
3. “I’m already in too much trouble. I cannot take the chance of getting caught!”
4. In response to “they will never find out,” you can say: “They always find out.”

If Someone Tells You That “Everyone is Doing It”:

1. “I don’t think everyone is doing it, but even if they are, I’m not.”
2. “What other people do is their business. I make my own decisions, and I’ve decided not to.”

If Someone Keeps Pressuring You After You Have Said No:

1. “I said no, and I mean it.”
2. “I said no, and I mean it, and that’s all there is to it.”
3. “If I wanted to do it, I wouldn’t say no.”
4. “What part of ‘no’ do you not understand?”
5. “It angers me when you don’t listen to what I’ve said.”
6. “I’m feeling frustrated because you are not listening to me.”
7. “I’m feeling frustrated because I told you I don’t want to do it, but you still keep trying to get me to do it.”
8. “I am feeling pressured by you”.
9. “I care about you, but when you keep pressuring me, it makes me feel that you don’t care about my feelings.”
10. “I care about you, but when you keep pressuring me to do something I don’t want to do, it makes me feel that you don’t care about me.”
11. “I do care about you. I don’t want to do what you ask.”.
12. “You keep asking me to do something I don’t want to, which makes me feel like you don’t care about my feelings.”
13. “I know I said... before, but I have changed my mind.”
14. “I know we did... but now I don’t feel comfortable doing... I have changed my mind”.
15. “It is clear to me that you are not listening to what I am saying. I am done talking about this. I said no, and I mean it”.
16. “I am done talking about this now. We can talk about this later.”
17. “I am done talking about this. I have said no, and I am not changing my mind.
18. “I am done talking about this. I am leaving.”

Things To Consider When Saying “No”

1. You do not need to give a reason or explain yourself. “No” is enough.
2. You do not have to respond to questions, arguments, or pressure—keep saying no.
3. If they keep pressuring you, repeat yourself. Be a broken record and continue to say “no.”
4. If you continue to be pressured, feel unsafe, or threatened, leave.

Stopping Rumors, Gossip, Ostracism, and Talking Behind Someone’s Back:

1. Tell them how you feel about what they say: “I feel (disappointed, uncomfortable, etc.) about...”
2. Use an “I appreciate it” statement: “I would appreciate it if we stopped...”
3. Recruit an ally. Turn to a friend and say: “I don’t feel comfortable... do you?”.
4. Leave the situation. Say: “I don’t want to be a part of this. I am leaving. See you later”.