



Saying “No”

Directions:

Think about each action in the left-hand column. Place an “x” in the row after each action under the statement that best describes what you did and how easy or hard it was to do. Write any ideas or thoughts you have in the column titled “Comments.”

	I did not do this strategy.	I did this strategy, but it was sort of hard.	I did this strategy, and it was sort of easy.	I did this strategy, and it was very easy.	Comments
I used one or more of the following strategies:					
I said “no.”					
I said “no” repeatedly.					
I made a mistake, but changed my mind.					
I said “no” and gave a reason.					
I got up and left.					
I used effective communication strategies:					
I said “no” like I meant it.					
I was polite.					
I used a gentle voice, not an angry one.					
I told the person that I still wanted to be friends.					
I asked the person to do something else instead.					