

# Mastering No Worksheet

Before	During
<ul style="list-style-type: none"> <li>• It's a filter, not a wall.</li> <li>• Be prepared               <ol style="list-style-type: none"> <li>1. Write it down</li> <li>2. Practice saying it out loud</li> <li>3. Practice with a friend or trusted confidant</li> </ol> </li> <li>• Have a recovery plan</li> </ul>	<p>“I'd love to ... but I can't”</p> <ul style="list-style-type: none"> <li>• Stay <b>calm</b></li> <li>• Use a <b>neutral</b> tone</li> <li>• Keep it <b>simple</b> - you don't have to explain yourself to anyone else (but your boss or your sweetie)</li> <li>• Use <b>repetition</b></li> <li>• Offer an alternative, but only if you want to.</li> </ul>
After	Always
<ul style="list-style-type: none"> <li>• Don't Backpedal</li> <li>• Check in afterwards if needed</li> <li>• Let it go</li> <li>• Notice how you feel afterwards</li> <li>• Keep track of your progress</li> </ul>	<ul style="list-style-type: none"> <li>• Calm, simple repetition</li> <li>• Know you yes, <i>say no to everything else</i></li> <li>• It's a learnable skill that gets better with practice</li> <li>• Be patient - they may need time &amp; repetition to adjust</li> </ul>

What Do You Want to Say Yes To?

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How Will You Say No? How Will You Practice?

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How Did It Go? How Did You Expect It to Go?

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