

11 WAYS TO SAY **NO**

without sounding mean



I PREFER/I WOULD RATHER...

Then state your preference or offer an alternative.

I'LL LET YOU KNOW WHEN I'M READY FOR THAT

In other words, "not right now, and don't call me, I'll call you."

I HAVE ANOTHER COMMITMENT

No need to elaborate on the other commitment, because maybe your other commitment is bingewatching Netflix.

I WON'T BE ABLE TO GIVE IT THE TIME/ATTENTION IT DESERVES/DEMANDS



LOVE TO, BUT IT DOESN'T FIT WITH MY SCHEDULE/PLAN/GOALS

LET ME TELL YOU WHAT I CAN DO

Emphasis on the "can"

THAT'S NOT REALLY MY THING

Also known as "I'm not about that life" or "I'm not really into that"

I'VE ALREADY DECIDED

As in, "this is no longer up for discussion"

I'M MAXXED OUT RIGHT NOW

IT'S BETTER FOR ME IF...

This can feel less intimidating than stating a direct preference

I CAN'T

These words have gotten a bad reputation, but sometimes using "I can't" in response to a request can finalize the issue and shut down further pressure.



Visit JoyEffectCounseling.com for more tips.

Carolyn Robistow, M.Ed., LPC, helps women who feel anxious and overwhelmed to set and keep healthy boundaries in relationships.