

THE CONFIDENT NO

PURPOSE

Practicing assertiveness will help you be more confident when faced with a real-life situation.

INSTRUCTIONS

This exercise requires two people. Your counsellor may play the part of the second person or guide you in practicing with a partner. The counsellor will intervene if the interaction gets too heated and will assist in reflecting on the interaction.

1. Brainstorm a list of requests that you want to say no to:

- | | |
|---------|---------|
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |

2. Circle one of the requests on your brainstormed list.

3. Choose or write down a statement you could say no to. Examples include:

- | | |
|--|---|
| ● No thanks, I am not interested. | ● It sounds like this is important to you, but I am not interested. |
| ● No thanks. | ● _____ |
| ● I can see you are into this, but no thanks. I don't do that anymore. | ● _____ |

4. Write down one statement you could use to validate the asker:

5. Decide who will play the role of the asker and who will play the role of the responder. The asker then makes the request, and the responder uses the no statement along with the validation statement to deny the request.

Asker

- Make the request. Be very firm in your asking. Use guilt, shame, or intimidating statements to try and get your way – but don't be over the top.
- Make the request two more times after the responder has said no.

Responder

- Practice saying no.