

HOW TO SAY NO

1. **Just say no.**
"I'd rather not."
2. **Ignore the comment.**
Appear not to hear, or act too busy.
3. **Make an excuse.**
"I'm tired."
4. **Change the subject.**
"Isn't it time for dinner."
5. **Turn the idea into a joke.**
"How could you suggest such a thing when you know I'm on a diet."
6. **Act surprised.**
"You've got to be kidding!"
7. **Express your feelings for them.**
"Sorry, but I like you too much to do that."
8. **Suggest a different plan.**
"Let's go to my house and make a pizza."
9. **Return the challenge.**
"If you really liked me you'd never ask me to do that."
10. **Leave.**
"Go home."