Learn when to say NO or YES

Taken from page 140 from the Language of Letting Go by Melody Beattie.

- **"No"**
- **"No, this doesn't work for me"**
- **"No, thank you. This doesn't feel right for me"**
- **"No. This isn't right for me at this time."**
- **"I have to think about that first, before I can decide, I'll get back to you later."**
- **"I've thought about it, and the answer is NO."**
- **"I know I said yes and that this was what I wanted. But I've changed my mind. This isn't working out for me. It's not right for me anymore. I'm sorry for any inconvenience I might have caused you".**
- **"Go away and don't call anymore"**
- **"Maybe"**
- **"Maybe, but I'm leaning toward NO".**
- **"Maybe. It sounds interesting but I'm not sure"**
- **"Yes, that would be nice."**
- **"Yes, I like that idea. When?"**
- **"Yes, I'd love to."**
- **""Yes, but the time isn't right for me now.**

Ideas:

Write yourself a permission slip and carry it around in your purse or wallet.

- **"Jennifer has permission to say no whenever she wants"**
- **"I have permission to say no ten times this week, and yes five times this week."**