

Practicing "No"

Decide who is person A and who is person B. Read the statements, pausing between as noted. Notice the **last one is reversed**. The purpose of the exercise is to notice how you feel and how your body feels when you keep hearing a no. Did you want to run, snip back, hit, shrink? Did you feel shame? Did you need to practice saying No? Did you feel guilty? At the end discuss the feelings. Switch places and let the other person be Person A.

Questions (role-play)

Person A – *How are you doing today?*

Person B – (no response)

Pause

Person A – *Would you like to join me for lunch today?*

Person B – *No*

Pause (10 - 15 seconds)

Person A – *Would you do me a favor, and scratch my back?*

Person B – *No*

Pause

Person A – *Can I borrow a piece of paper?*

Person B – *No*

Pause

Person A – *Are you upset with me?*

Person B – *Yes*

Pause

Person A – *Did I disappoint or offend you?*

Person B – *Yes*

Pause

Person A – *Is there something you need from me?*

Person B – *No*

Pause

Person A – *Can we discuss what happened?*

Person B – *No*

Pause

Person A – *I'm still pleased to be with you.*

Person B – (no response)

Pause

Person A – *Do you know what time it is?*

Person B – *Yes*

Pause

Person A – *Can you please tell me the time?*

Person B – *No I will not tell you the time.*

Pause

Person A – *Do you know what the weather is like outside today?*

Person B – *Yes*

Pause

Person A – *Can you tell me?*

Person B – *Nope*

Pause

Person A – *Can I pray for you?*

Person B – *No, pray for yourself.*

Pause

Person B – *Will you leave me alone??*

Person A – *Yes, I will give you space*

-Now Swap Positions-