

Tips that Count

Wellness information for your journey to a healthier you!

The Art of Saying “No”

How can we learn to say no without guilt? Well, take heart—learning to say “no” is a skill that can be acquired with practice. Here are some tips on how to state clearly what you want and don’t want.

Keep in mind that you have a right to say “no.” Recognize that you have certain rights as a person.

Play-act with a friend. Have someone you know pretend to be a manipulative person badgering you for a favor, while you practice saying “no”—or even “NO!”

Explain your reasons for saying no but don’t get distracted. Don’t sidetrack yourself by trying to find a solution that accommodates both of you.

Use the “broken record” technique. Keep repeating what you want. No matter how many times your “adversary” pleads or rephrases his request, keep stating what you want (or don’t want).

Be polite. Always continue to be responsive to what the other person is saying, even as you repeat what you want.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.