

Ways to Say No

Here are several ways to say no. Each method has a short description and an example. In the space below each method, write one or two other ways you would be comfortable saying no.

The simple No – be firm but polite.

“No, I don’t want to.”

No with an alternative – suggest something else to do.

“No, why don’t we go play football instead?”

No with an excuse – explain why you can’t.

“No, my dad would be extremely angry with me.”

“No, I’ve got to be getting home.”

No with a reason – keep it short.

“No, that would be stealing.”

Walk away – leave but invite the person to come with you.

“I’m just going to leave. If you want to come, you can.”