Saying 'No'

Some people find saying 'no' difficult.

There are lots of different reasons 'no' may be difficult to say.

It is important to be able to say 'no' or at least express it.

There are different ways to express 'no'.

Here are some examples of how to express 'no' in different situations.

Expressing 'no' when not interested in something.

I'm not sure I am the best person for this.	It's not a good idea for me.
It is not something that interests me.	My skills are better suited elsewhere.

Expressing 'no' to an invitation.

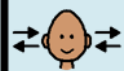|	
That sounds good, but I'm afraid I can't.	I appreciate you thinking of me, but I can't.
You are so kind to think of me, unfortunately I can't.	Sorry I have other plans, but thank you.
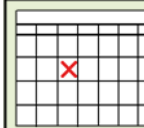
Expressing 'no' when too busy.
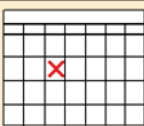
I have no time available to do this.	I'm not taking on new things at the moment.
I am unable to do it just now.	I'm too busy but would have liked to help you out.

Expressing 'no'

I'd rather not.	Sorry, I can't.
I won't be able to do it.	It is not possible for me just now.
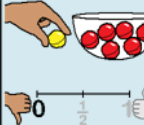
It is okay to say 'no' or express 'no'.

Are there times when it is not safe to say 'no'?

If somewhere is on fire and I do not want to leave.	If involved in a road traffic accident and I am told to leave the vehicle.	When I am doing something dangerous and may need help to stop.

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