

12 WAYS TO
SAY NO
gracefully

I'M A NO TO THAT BUT I'M
A YES

»»»»»»»»»» TO YOU ««««««««««

~ I'm not so into that, ~
But you go have fun!

I WANT TO BE IN CONNECTION WITH YOU, BUT THAT DOESN'T WORK FOR ME,
CAN WE DO THIS INSTEAD?



I'm not available
for anything like
that right now.

★ **NOT TONIGHT** ★

It's really hard for
me to say no to
people, but I'm
practicing being
braver and more

I'M
A NO
for now.

honest, so I'm going to say no right now.



I need to **BUILD
MORE
TRUST**

before I'd be willing to consider that.

★ **NO, THANK YOU** ★

Hmmm... that's not going to work.

**Not
Today.**

I DON'T HAVE THE
INTERNAL RESOURCES
to pull that off.