

50 ways to say "No" - and mean it!

No.	That isn't one of my specialities.	That's not in my remit.	Gosh, that sounds interesting - can I attend the training/ event to find out more?	Wonderful idea - have you asked X about it?
Sorry, I'm dog walking/cat sitting then.	You should see my diary!	That's my self improvement day/time.	My brick laying/ boxing class starts then.	I'm a volunteer, not a masochist.
I'd rather be doing... (add something you're known to hate)	My therapist says that would not be appropriate, just now.	My husband won't let me!	I'm not prepared to work with X	I'm busy planning the <u>next</u> event.
I don't do...	I have to look after the children.	I can't get there.	Someone else should have the chance.	I'm away then.
That would be X consecutive weekends away.	I do need to work to pay the bills.	That really doesn't appeal to me.	I think X would really like that.	Isn't it time we let someone else have a turn?

We need a fresh view.	I'm already mentoring 6 people, isn't there anyone else?	Perhaps <u>you</u> could find a parent who could do that.	I don't want to.	I can't.
I need to finish this job.	You want me to do what?! (could be said in a variety of ways depending on request)	Sorry, all my uniform is in the wash.	Not if you want X done on time.	That's not possible.
My family needs some attention.	I need a break.	If I put on another hat, the others will fall off.	The family need reminding who I am.	That's not on my "to do" list.
Sorry I have already done my one hour this week.	I'm getting married that day.	Hang on ... my waters have just broken.	I think I'm waxing tonight!	I'm going to be ill that day.
My brain has just blown a fuse.	Sorry, I'm washing my hair then!	SWEAR *!X\$*	I think that's the day the world stops and I get off.	Do I look that stupid?