

How to say 'No'

and

still be liked

We've all been in this situation.

Somebody ask us to do her or him a favour and, though there are gazillion other things to do first, we find the other person down.

This is because he or she has done us a favour in the past, or is a close friend or a family member.

The concept of gratitude prevails and we find ourselves trapped in something we really didn't known why we committed to.

We can sometimes be so worried at causing disappointment in other people, often at the expense of our own activities and interests.

Frankly, knowing how to say 'no' requires skills. Others might say that it shouldn't be hard to do. But, let's face it. We live as social beings and acceptance often occupies the number one spot in the list of virtues we want to achieve.

Despite this, there are actually ways we can circumvent this difficulty

1 :Say 'no'; then show what the other person has to do to get a 'yes'.

2. Make it impersonal

If some asks for your note book just some days before exam and you need to study.

Say 'no' in such a way that will make the other person say 'no' to himself or herself.

3 :Instead of saying 'no', teach the other person to say 'yes' to what you want. Do this subtly, of course.

4. say you want to say 'yes' but.....

Like tip number 2,make it sound like you had no choice but to turn the other person down. This way, the relationship remains intact and no one gets hurt.

Just don't involve other people, like blame your saying 'no' to somebody else, as this could result in conflict and ill feelings.

5. Say it nicely

you're giving a negative news, so you might as well do it nicely. Let the other person down easy to avoid misunderstanding.

It's the least you can do for the disappointed People tend to be more accepting of bad news if it's brought in a polite and a sympathized manner.

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