HOW TO SAY NO?

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If you want something done, ask a busy person. The old saying rings true, but it also spells doom for that busy person. Sometimes situations arise where you have to politely decline someone’s offer , sounds easy right ? The situation complicates when that person is an authority figure or is someone you care about  Learning to say no can be an important life skill and crucial for harmony.

Why we don’t want to say no

* You want to help: You are kind soul and cannot leave a person in distress.
* Avoid conflicts: There is a chance that the person might get furious at your refusal and this might lead to an ugly confrontation that could have been easily avoided.
* Fear of lost opportunities: Perhaps you’re worried that saying no means closing doors, many a times we worry that by saying no we might burn our bridges with that person which might in turn lead to negative consequences or the promotion that you had your eye on.

Rather than avoiding it all together it is about finding the right way to say it.

Be smiling and polite when you say it but use a firm tone , if someone keeps pressuring you, they’re being rude, and it’s OK to just repeat.

If you’re uncomfortable being so firm, or are dealing with pushy people, it’s OK to say, ‘’Let me think about it and get back to you’’  this tactic gives you a chance to review your schedule, as well as your feelings about saying "yes" to another commitment avoid letting yourself be pressured into overscheduling your life

It is very important to consider…

* It is important to say no to requests that are eating up your time while and making you miserable with it
* It's best not to blatantly lie because being found out can be quite embarrassing for you and offending to the other person.
* Extremely persistent people can make you lose your cool. So stay calm and keep hinting that you are not interested.

In this blazing fast world where time is a valuable commodity it is very easy to book all of your time for ever minute of every day. Then if one thing goes wrong, everything goes wrong. The compound effect is extremely stressful.