



# **Whether or How Intensely to Ask for Something or Say no**



Haoyang Ye  
12 Jan 2022

# Whether or How Intensely to Ask for Something or Say no

01

Framework

02

Example

03

APP



# **01 Framework**

## OPTIONS

### *Low intensity (let go, give in)*

#### ***Asking***

#### ***Saying No***

Don't ask; don't hint.	1	Do what the other person wants without being asked.
Hint indirectly; take no.	2	Don't complain; do it cheerfully.
Hint openly; take no.	3	Do it, even if you're not cheerful about it.
Ask tentatively; take no.	4	Do it, but show that you'd rather not.
Ask gracefully, but take no.	5	Say you'd rather not, but do it gracefully.
Ask confidently; take no.	6	Say no confidently, but reconsider.
Ask confidently; resist no.	7	Say no confidently; resist saying yes.
Ask firmly; resist no.	8	Say no firmly; resist saying yes.
Ask firmly; insist; negotiate; keep trying.	9	Say no firmly; resist; negotiate; keep trying.
<b>Ask and don't take no for an answer.</b>	<b>10</b>	<b>Don't do it.</b>

### ***High intensity (stay firm)***

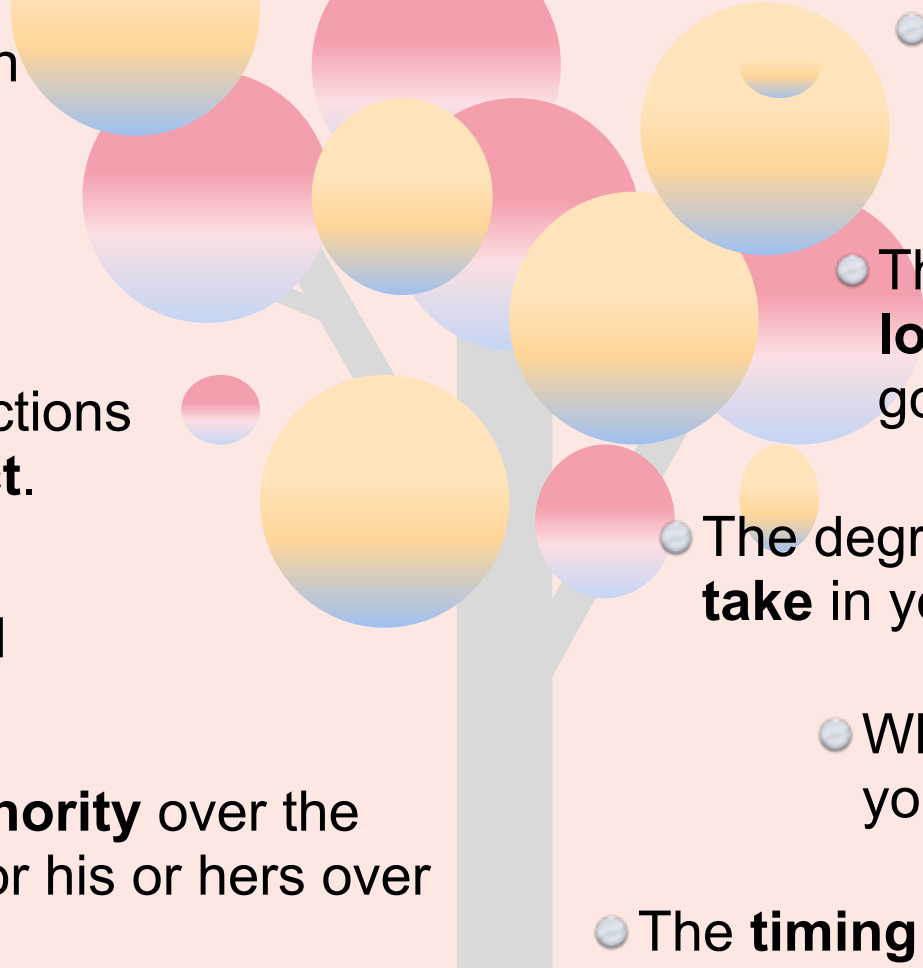


**When deciding how firm or intense you want to be in asking or saying no, think about:**

---



# When deciding how firm or intense you want to be in asking or saying no, think about:

- 
- The other person's or your own **capability**
  - Your **priorities**
  - The effect of your actions on your **self-respect**.
  - Your or the other's moral and legal **rights** in the situation
  - Your **authority** over the person (or his or hers over you)
  - The type of **relationship** you have with the person
  - The effect of your action on **long- versus short-term** goals
  - The degree of **give and take** in your relationship
  - Whether you have done your **homework** to prepare
  - The **timing** of your request or refusal

- 1. CAPABILITY:**
  - Is the person able to give you what you want? If YES, raise the intensity of ASKING.
  - Do you have what the person wants? If NO, raise the intensity of NO.
  
- 2. PRIORITIES:**
  - Are your GOALS very important? Increase intensity.
  - Is your RELATIONSHIP shaky? Consider reducing intensity.
  - Is your SELF-RESPECT on the line? Intensity should fit your values.
  
- 3. SELF-RESPECT:**
  - Do you usually do things for yourself? Are you careful to avoid acting helpless when you are not? If YES, raise the intensity of ASKING.
  - Will saying no make you feel bad about yourself, even when you are thinking about it wisely? If NO, raise the intensity of NO.
  
- 4. RIGHTS:**
  - Is the person required by law or moral code to give you what you want? If YES, raise the intensity of ASKING.
  - Are you required to give the person what he or she is asking for? Would saying no violate the other person's rights? If NO, raise the intensity of NO.
  
- 5. AUTHORITY:**
  - Are you responsible for directing the person or telling the person what to do? If YES, raise the intensity of ASKING.
  - Does the person have authority over you (e.g., your boss, your teacher)? And is what the person is asking within his or her authority? If NO, raise the intensity of NO.

6. **RELATIONSHIP:**
- Is what you want appropriate to the current relationship? If YES, raise the intensity of ASKING.
  - Is what the person is asking for appropriate to your current relationship? If NO, raise the intensity of NO.
7. **LONG-TERM VERSUS SHORT-TERM GOALS:**
- Will not asking for what you want keep the peace now but create problems in the long run? If YES, raise the intensity of ASKING.
  - Is giving in to keep the peace right now more important than the long-term welfare of the relationship? Will you eventually regret or resent saying no? If NO, raise the intensity of NO.
8. **GIVE AND TAKE:**
- What have you done for the person? Are you giving at least as much as you ask for? Are you willing to give if the person says yes? If YES, raise the intensity of ASKING.
  - Do you owe this person a favor? Does he or she do a lot for you? If NO, raise the intensity of NO.
9. **HOMEWORK:**
- Have you done your homework? Do you know all the facts you need to know to support your request? Are you clear about what you want? If YES, raise the intensity of ASKING.
  - Is the other person's request clear? Do you know what you are agreeing to? If NO, raise the intensity of NO.
10. **TIMING:**
- Is this a good time to ask? Is the person "in the mood" for listening and paying attention to you? Are you catching the person when he or she is likely to say yes to your request? If YES, raise the intensity of ASKING.
  - Is this a bad time to say no? Should you hold off answering for a while? If NO, raise the intensity of NO.

Other factors: \_\_\_\_\_

<http://joanna-platt.com/wp-content/uploads/2017/06/DBT-Saying-Yes-or-No.pdf>





# **02 Example**

## **Volunteer 1:**

Can you please think of a situation that you want to **ask** or **say no**?

(You don't have to share the details of the situation. )

## **Volunteer 2:**

Ask Volunteer 1 a list of questions.

(Volunteer 1 has to answer “yes” or “no”, if this is a “maybe”, skip this question; if you have too many “maybe”, you may need to redefine/rethink your situation)

# Asking

**Capability:** Is this person able to give or do what I want?

**Priorities:** Is getting my objective more important than my relationship with this person?

**Self-respect:** Will asking help me feel competent and self-respecting?

**Rights:** Is the person required by law or moral code to do or give me what I want?

**Authority:** Am I responsible for telling the person what to do?

**Relationship:** Is what I want appropriate for this relationship? (Is it okay to ask for what I want?)

**Goals:** Is asking important to a long-term goal?

**Give and Take:** Do I give as much as I get with this person?

**Homework:** Do I know what I want and have the facts I need to support my request?

**Timing:** Is this a good time to ask? (Is this person in the right mood?)

Volunteer 2: count “YES”

# Say No

**Capability:** Can I give this person what is wanted?

**Priorities:** Is my relationship more important than saying no?

**Self-respect:** Will saying no make me feel bad about myself?

**Rights:** Am I required by law or moral code to give or do what is wanted, or does saying no violate this person's rights?

**Authority:** Is this other person responsible for telling me what to do?

**Relationship:** Is what the person is requesting of me appropriate to my relationship with this person?

**Goals:** In the long term, will I regret saying no?

**Give and Take:** Do I owe this person a favor? (Does this person do a lot for me when I ask and need something?)

**Homework:** Do I know what I am saying no to? (Is the other person clear about what is being asked for?)

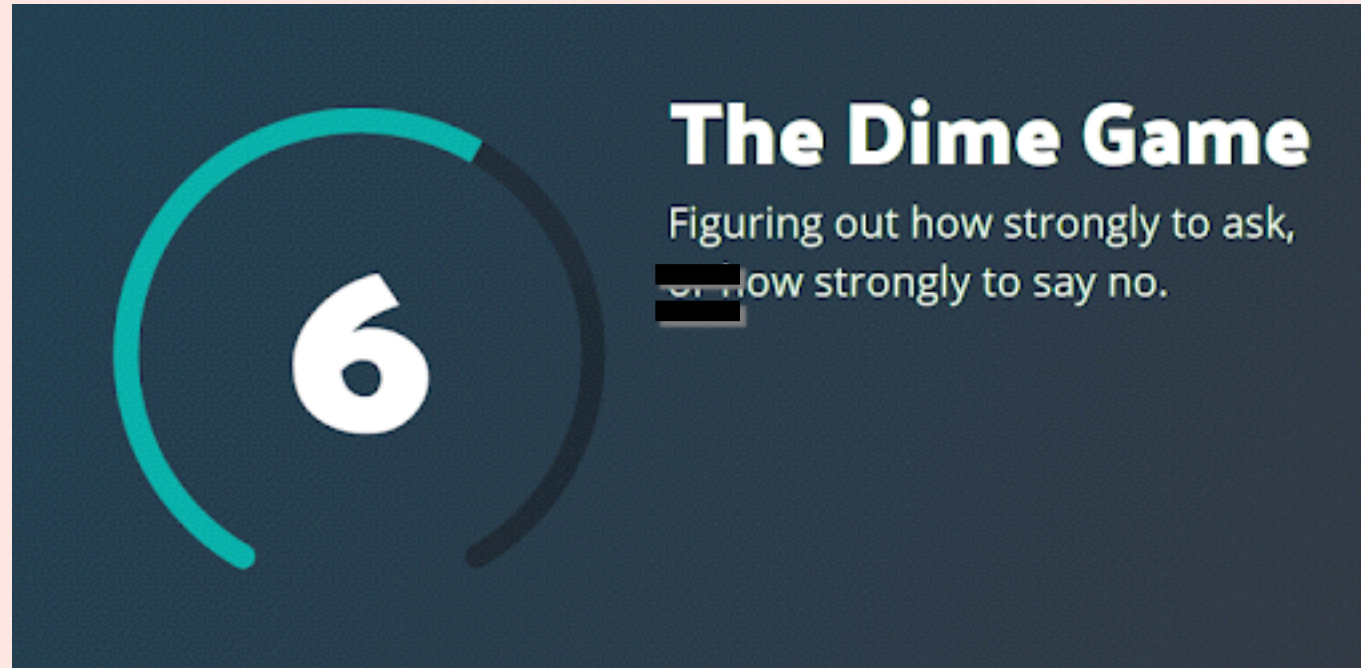
**Timing:** Should I wait a while before saying no?

Volunteer 2: count "NO"

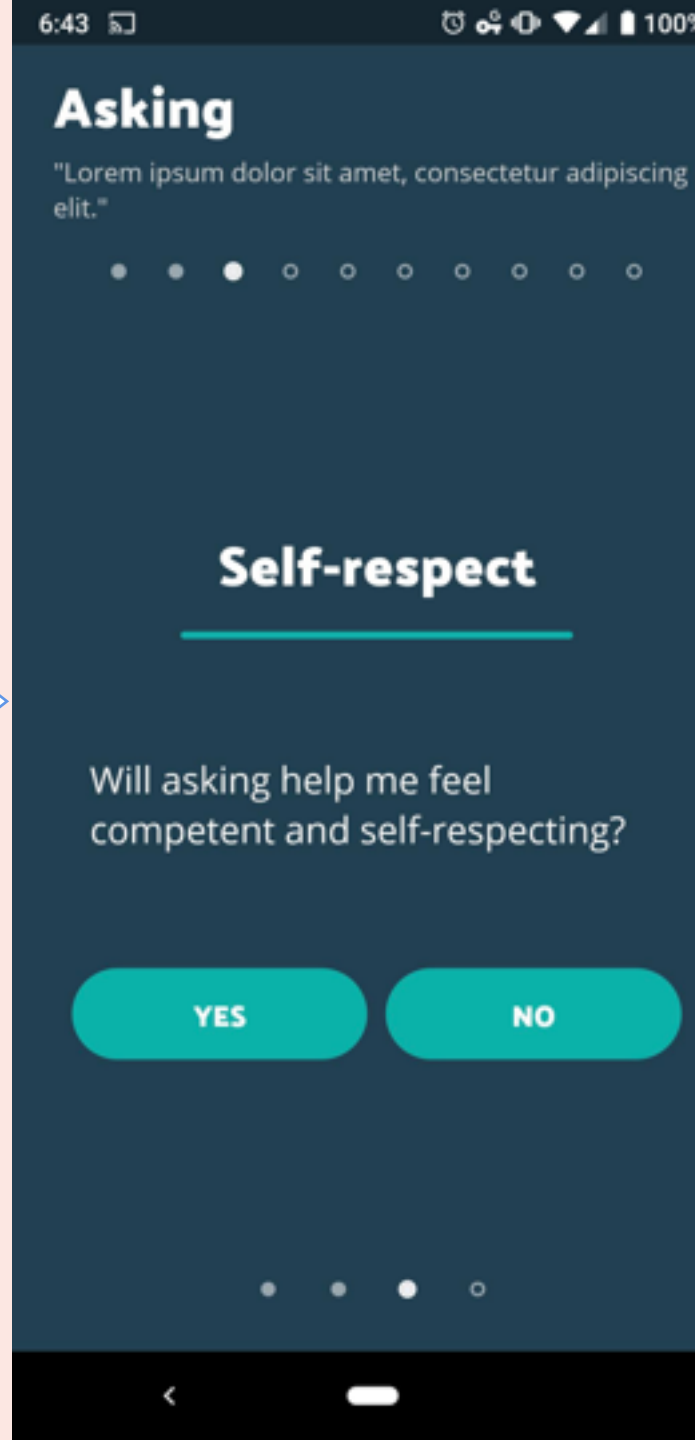
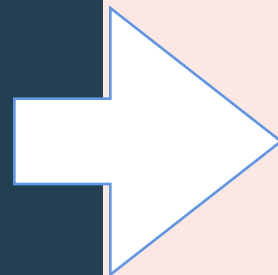
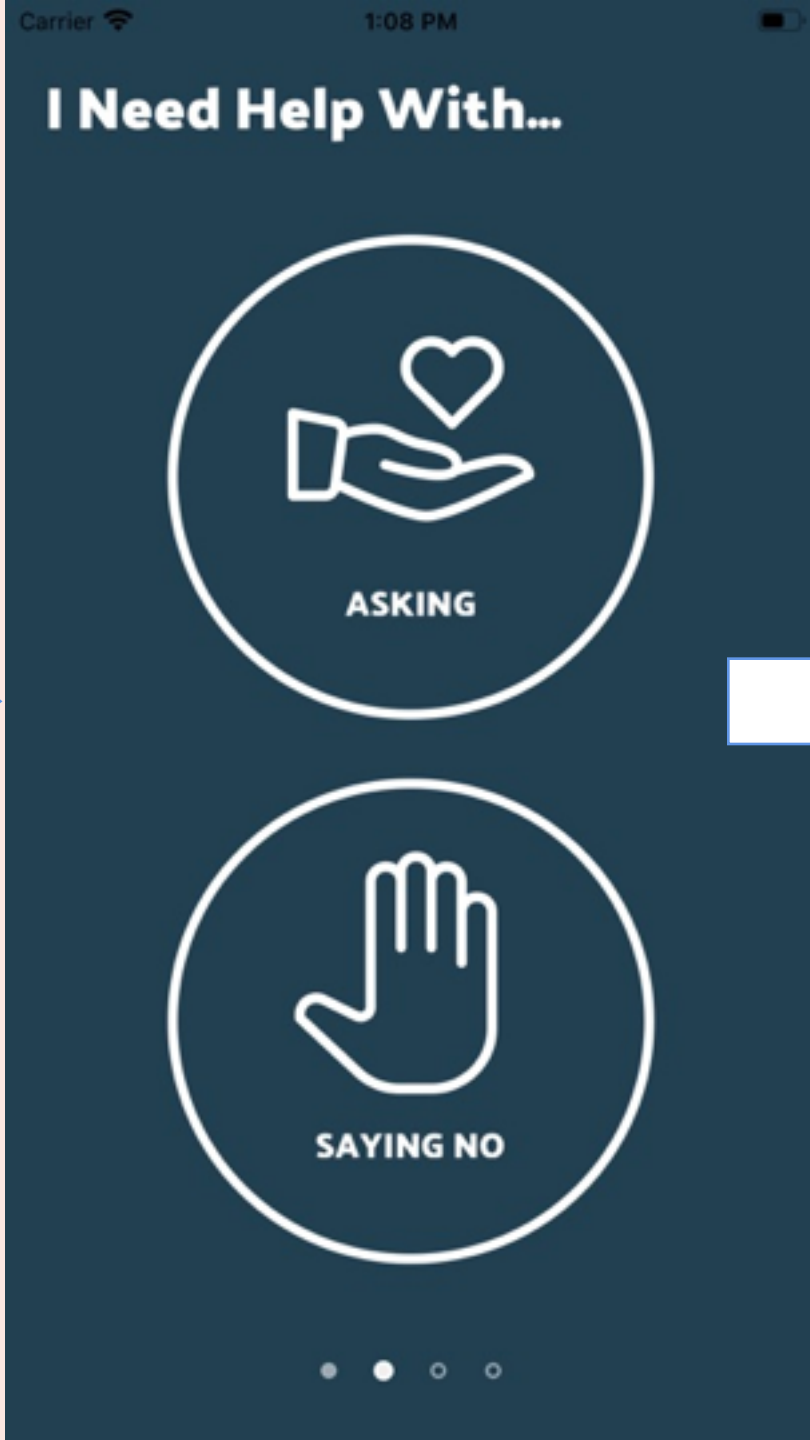
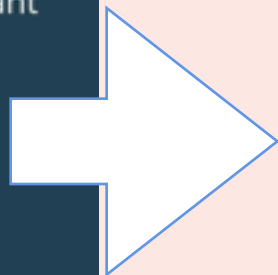
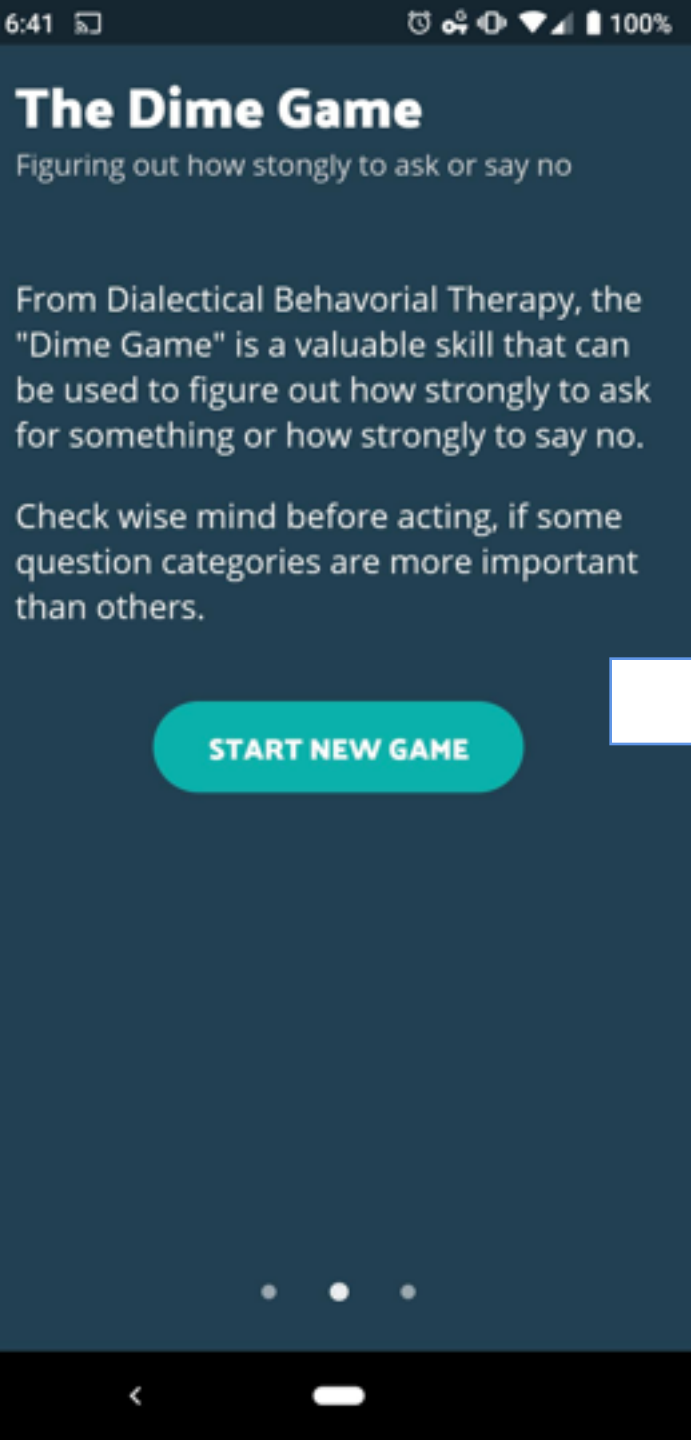


# 03 APP

# App: The Dime Game



Available at Apple Store and Google play



## How Strongly to Ask



**Ask gracefully, but take no.**

**DONE**







**Thank you!**