

**Toolbox Handout 16: Evaluating Options for Saying No / Asking for Something**



**Self-Reflection: Describe an Example of a time when you had a hard time Asking for Something**

---

---

---

**Self-Reflection: Describe an Example of a time when you had a hard time Saying No to a request**

---

---

---

**Describe: What body language do *you* use in low versus high intensity situations?**

**Low:**

**High:**

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

**What is an example of something you want to ask for, or something you want to decline doing?**

---

---

---

**For your example, consider each factor that contributes to intensity**

**Capability**

---

**Priorities**

---

**Self-Respect**

---

**Rights (moral and legal)**

---

**Authority**

---

**Type of Relationship**

---

**Goals (long and short)**

---

**Give and Take**

---

**Homework**

---

**Timing**

---

**What is your score (total YES's for a Request, total NO's for a decline**

---

**Now that you have your score, is there a need for a Wise Mind Adjustment?**

---

**If yes, describe your adjustment and your thinking**

---

---

---

**For your example, write what you could say to either ask for something or say no to a request:**

---

---

---

