

My experience of learning
saying No to others. **XXX**

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the course project website, and
★ please show my name as:

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Title: My experience of
learning saying no to others

Summary: By sharing my own experience
to tell others it's not a hard thing to
reject someone's request when you
don't want to do it.

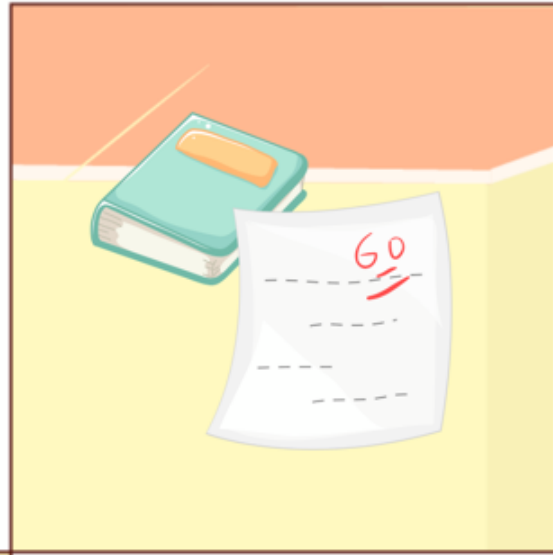
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I am always used to making plans before doing things. Such as ●●●



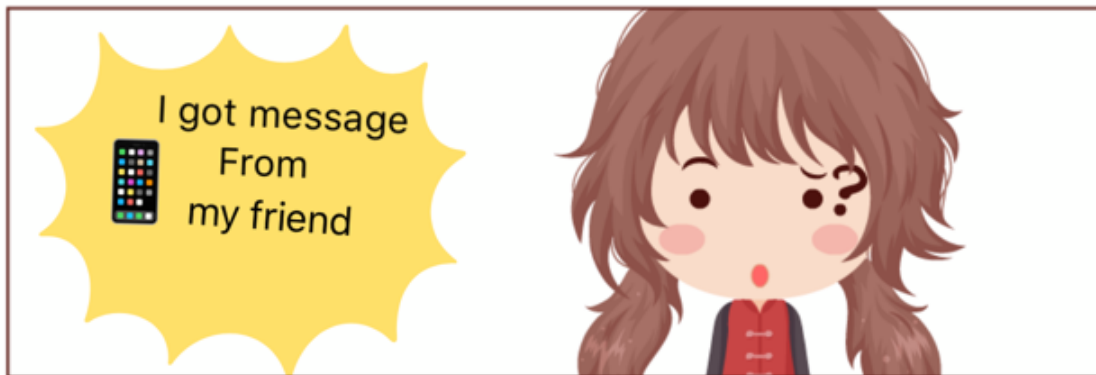


Day 1& Day2



Study hard at home!!!!

During my study time, what
always happens to me is ...



And she saying ...

?

?





BECAUSE

1. She is my best friend
2. Tomorrow is her birthday
3. After working hard 2 days, I feel a little tired. So I also want to have a rest

BUT

I can not complete my schedule if I hang out with her. 😞

So my
decision
always is...







And as a
result...







Having trouble to saying No to other always trouble me in my life, until I read one book calls < The Art Of Saying No >



This book analyzes why it is difficult for people to reject others from a psychological perspective.

For instance, the people-pleasing habit always make us don't want to disappoint others and we also want ourselves to appear more valuable.

What' more, it also provides ten strategies to readers about how to politely rejecting others.

Such as, we need to be direct and straightforward, or we can offer an alternative schedule to others instead of just saying "No".



All in all, we'd better take ownership of our decision.

What I learned from this book!!!



Then I real
use those
strategies in
my life:


How about
going out for
playing
tomorrow??



Sorry, I really want to
play with you. While I
have an important
exam this week. How
about we hang out
this weekend?



Instead of
disrupting my
schedule, I learn
how to Saying
No to others



For achieving my goal of learning saying No, I also try those strategies from the book.





Make
schedule
planner

Doing self
assessment

Brainstorms

Let me better
understand the
contents of the
book and combine
theory with real life.

Planning for daily tasks in
advance allows me to
arrange my study time more
reasonably. Summarizing
what happens every day
allows me to identify my
deficiencies and make
corrections in a timely
manner.

Let me better
understand the
contents of the
book and combine
theory with real
life.



Saying No to others is not that difficult as we thought!!!

Of course we can!



As long as we learn how to reject others invitation in a good way and avoid lying about our ability!

I'm sure others can understand our difficulties and that won't have any bad effect to our relationship.

Hoping my experience could inspire you! Also, please be resolute and courteous to ALL of your decisions.



Thanks for reading my story!

