

Just Say No Exercise

The Just Say No exercise is an opportunity to practice considering your capacity to take on requests before answering. This exercise is best practiced within a safe space with Therapy Allies before trying it in other areas of your life.

Specify a Therapy Ally to work with. Use the Therapy Ally Contract to define the parameters of this exercise to ensure added safety and understanding.

Therapy Allies:

Environments to Practice Exercise:

Date Range of Exercise:

Frequency of Practice (times per week, etc.):

Alternates to Saying "No" (ex: "let me think about it"):

"Consequence" for Not Saying "No" or an Alternate:

NOTE: This exercise is meant to be a fun way to practice saying no and allowing space to think about what you want before saying yes to someone else. Take note of how you feel when saying "no" and what you actually want to do in that moment. If you are okay with a request, then agree to it.