**Saying “No”**

**(Video Clip Discussion Questions)**

1. Have you (male or female) ever had a difficult time saying “no”?
2. Other than being labeled as a “difficult person”, what are some of the fears people could have of saying “no” to someone?
3. Is there a nice way to say “no” that clearly indicates you mean “no”? Explain.
4. Sometimes, when we ask a question, and the response is “no”, we try to persuade the person who said “no”.
   1. Have you ever experienced trying to persuade someone who has said “no”?
   2. Have you ever said “no”, then been bombarded with the other person trying to convince you to change your mind?
      1. If so, is it easy to continue to say “no”? Why or why not?
   3. At what point do you think the person asking needs to accept the word “no” and stop trying to persuade the other person?
5. What are the benefits of saying “no”?