

Confrontation Statements

Sometime in your life you'll want to say no. And it will be awkward. And you may be concerned that you'll lose friends, or won't be liked as much, and you'll hesitate even if you know your quality of life and friends will improve. Here are some NO statements to have handy. To build up your resolve, try reading all of them out loud.

- I don't like your behavior (or comment).
- Leave me alone!
- It's time for you to leave.
- I don't know you—I'm not going to trust you (in response to "I won't hurt you," or, "You can trust me.")
- Your behavior is unacceptable. Stop!
- NO!
- You're too close; move back.
- You have given me absolutely no reason to trust you.
- I don't know you. Leave me alone.
- Take your hands off of me!
- Your remark degrades both of us.
- Your comment was/is inappropriate.
- I am not interested.
- I'm not comfortable with that.
- Stop bothering me.
- I do not want to have sex with you.
- What you said is not flattering—it's offensive.
- Your sexual comments are inappropriate.
- I do not want to go out with you. I want you to stop asking me.
- My friend already told you to leave her alone; now go away.
- If you touch me again, I'll make sure Human Resources hears about it.
- I deserve more respect than you're giving me.
- No, I don't feel like hanging out tonight. I need some time to myself.
- I'm not flattered; that was rude.
- The answer is still no, so stop asking. I will not change my mind.

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