

The Ask You Can Feel Coming

Plan your answer to the request you already know is coming, before it arrives.

WHEN TO USE THIS

Use this when someone is about to ask you for something you do not want to give.

Who is going to ask, and what are they going to ask for?

How much do you dread it right now?

0	1	2	3	4	5	6	7	8	9	10
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Not much

All I think about

What do you actually want the answer to be?

Not the polite answer. The true one.

Write three ways this could go. Include the one you are afraid of.

1.

2.

3.

What will you say in the first ten seconds?

Deciding ahead of time means you do not have to think clearly while your heart is pounding.