

When They Keep Asking Anyway

Make a plan for the person who hears your no and keeps pushing.

WHEN TO USE THIS

Use this about someone who talks you around, wears you down, or asks again later.

What do they usually do after you say no?

Keep talking, go quiet, come back tomorrow, get upset.

You do not owe a new reason each time. The same sentence, said again, is a full answer.

Write one line you can repeat, word for word, as many times as it takes.

What will you do if they are still pushing after the third time?

Leave the room, end the call, say you will talk later.

Repeating yourself is not rude. It is what you do when the first answer was not heard.