

Asking		Saying No
Dont ask; don't hint. - Work with your therapist or a trusted source on distress tolerance and radical acceptance	0-10 cents	Do it without being asked.
Hint indirectly; take no.	20 cents	Do it cheerfully
Hint openly; take no.	30 cents	Do it, even if you're not cheerful about it.
Ask tentatively; take no.	40 cents	Do it, but show that you would rather not have.
Ask gracefully, but take no.	50 cents	Say you'd rather not, but do it gracefully. - "I understand you really need me to do this and I will this time, but next time I don't think I'll be able to take this on."
Ask confidently; take no	60 cents	Say no firmly, and it's okay to reconsider.
Ask confidently; resist no - advocate for yourself	70 cents	Say no confidently; resist saying yes
Ask firmly; resist no. - advocate firmly for yourself	80 cents	Say no firmly; resist saying yes
Ask firmly; insist; negotiate; keep trying - continue to advocate firmly for yourself	90 cents	Say no firmly; resist; negotiate if needed.
Don't take no for an answer - Advocate for yourself confidently and firmly.	1.00	Don't do it.