

# How to say no

without feeling rude, lame or lazy

**It's a woman thing**, this do-it-all disease. We hate to disappoint, so rather than saying no, we give in and end up overwhelmed or resentful. No more! Here, from my book *1,000 Ways to Be a Slightly Better Woman*, 14 perfectly gentle ways *not* to say yes to your colleague's walkathon, a guy who's too pushy in bed, even Mom's dinner invite.

—PAMELA REDMOND SATRAN

- 1 I'm going to have to pass.
- 2 I'd love to, but I just don't have the time.
- 3 I made a resolution to start saying no more often.
- 4 I don't want to say yes and then let you down.
- 5 I'd love to, but my boyfriend/kids/boss would freak out if I took on anything else.
- 6 Not right now.
- 7 Not this year.
- 8 You caught me at a terrible moment.
- 9 I can't say yes.
- 10 I don't want to say no, but I have to.
- 11 I'm just not comfortable with that.
- 12 It's just not right for me.
- 13 Ask another time.
- 14 Please cross me off your list.

*Who could say no to those puppy dog eyes? You!*

