



# 14

## Taking Charge

Student text page 255

### SAYING “NO”

The way you answer the following statements will help you determine how likely you are to say “no” when the situation calls for this response. Read each statement and place a check (✓) in the appropriate box.

	Very true	Somewhat true	Not true
1. I think of things to say ahead of time so that I can avoid doing things I don't want to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have thought a lot about things that I don't want to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have said “no” more than a few times when people have tried to get me to do things I know I should not do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I find it hard not to do things my friends want me to do, even if I don't want to do them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I often find myself trying to get people to do things I want them to do, even if they don't want to do them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Scoring

For numbers 1-3, score 3 points for each “Very true” answer, 2 points for each “Somewhat true” answer, and 1 point for each “Not true” answer.

For numbers 4 and 5, score 3 points for each “Not true” answer, 2 points for each “Somewhat true,” and 1 point for each “Very true.” Add up your score.

**Your total score:** \_\_\_\_\_

If you score

12-15 points, you are likely to be able to say “no” when necessary.

10-11 points, you are more likely than most to say “no” when necessary.

7-9 points, you are unlikely to say “no” when necessary.

Below 7 points, you are probably not able to say “no” when necessary.

### Action Strategies

Some people find it difficult to say “no” when the situation requires it. Here are some strategies to help you say “no.”

1. Plan and practice how you will say “no” before you are in the situation.
2. Be polite but emphatic.
3. If necessary, avoid going to places where you will probably get into the situation.