

GROUP HANDOUT 14.2A

List of “No” Messages: PRISON

Imagine a situation where an inmate, having approached the person indicated below, receives the following “No” messages from them:

1. Counselor: “That correctional plan you came up with won’t work. You need to follow the one we laid out for you.”
2. Partner: “I’ll decide when to come visit. I don’t need you to tell me how to live my life.”
3. Parole board: “We are not ready to grant you parole at this time. Come back in two years.”
4. Parole officer: “Your request is too general. I haven’t a clue what you are trying to get at. The answer is, ‘No’.”
5. Cellmate: “No way. Why should I turn my music down for you?”
6. Classmate: “I don’t feel like doing you another favor. You didn’t even acknowledge what I did for you last week.”
7. Co-parent: “I don’t bring the kids because it’s sad for them to see you here.”
8. Halfway-house: “We regret that your request for residency has been turned down. We are unable to accommodate individuals with your crime history.”
9. Father: “Get real. You’re not a kid anymore and I’m not Sugar Daddy who forks over whatever you want.”
10. Baseball captain: “What makes you think you are qualified to play today when you haven’t attended practice all month?”
11. Instructor: “The class is full. You registered way too late.”
12. Workout partner: “Not today. I feel like jogging by myself.”
13. Cellmate: “Stop asking me stupid questions. You have been bugging me all day.”
14. Officer: “Health care is closed. You will have to wait till tomorrow.”
15. Supervisor: “No, you can’t take time off just because you feel like it. You don’t even look sick.”
16. Your son or daughter (or another family member): “I don’t really need you to call every week ‘cause I don’t have that much to say anyway.”
17. Scrabble partner: “I can’t play with you tonight because I am working on the open house.”
18. Friend: “The reason I’m not showing you the letter is because you’ll blab about me all over the place.”
19. Nurse: “Sorry, we don’t give inmates prescription painkillers.”
20. Classmate: “Thanks for the offer but I want to do the homework myself.”