

GROUP HANDOUT 14.2B

List of “No” Messages: GENERAL COMMUNITY

In the following situations, the person receiving the “No” message is the second individual indicated, e.g. “child” in Item #1 below.

1. Parent to child: “You know the rules. No movies on school nights.”
2. Teenager to parent: “I got a date so I can’t help you with the chores tomorrow.”
3. Passerby to panhandler: “Do you think money is easy for me to come by?”
4. Newspaper editor to letter-writer: “We don’t publish letters that contain profanity.”
5. Community member to director of nonprofit organization: “I have decided not to accept your request to serve on the board. As it is, I hardly ever see my family.”
6. Partner to partner: “I don’t feel like going for coffee. How about a walk?”
7. Park administrator to artist: “You can’t leave your sculpture here. It’s a public garden; not everyone appreciates modern art.”
8. Guest to host: “Thanks for your offer, but I am boycotting bottled water. I think free water is a human right.”
9. Friend to friend: “I can’t lend you any more money. You promised last time and you never paid back.”
10. Neighbor to neighbor: “I was told you just got out of prison. If you need to talk to me, here is my number at work, but don’t be coming over to the house.”
11. Committee member to colleague: “No, I am not coming for wine and cheese. We spent the whole day sitting and talking. I’ve had enough group-time!”
12. Mother to adult child: “No, don’t touch the cake in the frig! I made it for my bridge club.”
13. Student to teacher: “I didn’t do the homework because it’s a stupid assignment.”
14. Star-player to team-mates: “Sorry I won’t be at the game this weekend. We go to church as a family on Sunday mornings.”
15. NVC community members to local trainer: “This is a major event so we’ve decided to invite out-of-town trainers to handle the presentation.”
16. Landlord to tenant: “Please don’t give my name as a reference. I don’t like to be called unless I have glowing things to say about someone.”
17. Church member to minister: “I’m not donating more money until our church deals with the discrimination against women and gay people.”
18. Housemate to housemate: “I don’t care if it is your great-aunt’s Chinese antique; can’t you see that the living room is already one huge clutter?”
19. Supervisor to employee: “You can’t come to work unless you are wearing a uniform.”
20. Parent to teenager: “I don’t care if all your friends have their driver’s license. You are not getting yours until you graduate.”