

# Resistance Skills: Effective Responses to Negative Pressure

**1. Get the attention of the person(s) doing the negative pressuring:**

- Use her or his name.
- Make eye contact when speaking to the person.
- Say, "Please listen to me!"

**2. State your "no" decision:**

- Use "I" message.
- Use a firm voice.
- Reinforce your message with body language.

**3. When pressured:**

- Use self-control.
- Restate your "no" decision.
- Suggest an alternative subject, if appropriate.
- Leave/walk away.

**4. Try other ways to say no.**

- Use humor.
- Change the focus.
- Reverse the pressure in a positive direction.
- Repeat yourself as often as necessary.
- Delay your response.
- Recruit help.