

Some people have really good skills themselves, and keep refusing your legitimate requests, or pestering you to do something you don't want to do.

\*Use the same "DEAR MAN" skills, but change the focus to the current interaction.

### 1. Describe the current interaction

"You keep asking me over and over again even though I have already said no."  
Avoid blaming the other person ... i.e. don't say "you just don't want to hear me"

---

---

### 2. Express your opinions/feelings of discomfort about the interaction

"I'm not sure that you understand what I am asking"  
I'm starting to feel angry about this."

---

---

### 3. Assert your wishes

When the other person is refusing a request, suggest that you put off the conversation to another time.

Give the person another chance to think about it.

When the other person is pestering you, ask them to stop.

---

---

### 4. Reinforce

When saying no to someone who keeps asking ... suggest that you end the conversation because you aren't going to change your mind anyway.

Relationships Effectiveness Skills ... using skills to maintain or improve a relationship, while you are trying to get what you want.

---

---