



## **Some Skills for Dealing with High Pressure Situations :**

### **REFUSE**

**Clearly and confidently say no. You may have to repeat yourself to eliminate any uncertainty and confusion.**

**Examples: “No”, “No thanks”, “No, I’m not interested.”**

### **DELAY**

**Put off making a decision until you have time to think carefully about it.**

**Examples: “ Not right now”, “It’s not a good time right now because I have volleyball practise”**

### **NEGOTIATE / SUGGEST SOMETHING ELSE**

**Come to a decision that is acceptable to both people.**

**Examples: “Let’s do .... instead”, “ Why don’t we come up with something everyone wants to do ?”**

### **EXIT THE SITUATION**

**If pressure continues politely excuse yourself and leave.**

**Examples: “I’ve got to go”, “See ya later”**