

## The Angry Person

Often we are passive because we are afraid of the Angry Person.

The Angry Person is one who cannot accept a "polite demur". Instead they argue, manipulate and use a wide assortment of tactics to get what they want, regardless of your needs and limits.

If you are approached by The Angry Person buy yourself time. "I am not sure.. I will need some time to think about this. If I decide I would like to do this can I let you know later/tomorrow/next week?"

If they continue to pressure you and you are in a group setting, say "No Thanks" and walk away towards others in the group.

Group setting or on your own, speak calmly. Do not raise your voice. Speak calmly and clearly.

Saying, "I said no. Don't ask me again." is not rude. It is assertive. No one has the right to pressure you to play.

## Being Told No

It can be difficult to be told no. If you ask someone to play with you, be alert to what they are saying.

Anything other than yes is a no.

If you do not hear a yes, back off. To continue to try and get an agreement is aggressive and should be a red flag that you do NOT respect boundaries.

Again, anything other than a yes is a no. It is fine to say, "If you change your mind let me know." Asking again is aggressive. Hinting after not receiving a clear yes is aggressive. Complaining about their answer is aggressive.

Being told no sucks. Being able to take this rejection with poise is a skill. Practice listening for a yes, and accepting it when you do not hear the word "yes".

Being assertive means being able to accept that other persons have the right to their own choices.

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# Assertive Negotiation for Play



## Tips for Turning Down Play, Dealing with Aggression and Self Checking

## Some Definitions:

Being assertive means ensuring your own needs are met without imposing on the boundaries of another.

*Aggression is demanding your needs are met regardless of another persons boundaries*

Passive is when we allow another to meet their needs at our expense, or allowing another to assume they know what our limits or needs are by not communicating assertively.

It is vital that when negotiating for play we are assertive.

## How to be Assertive

1. Know what you Need, Want and Won't do.
2. Clearly State what you Need, What you Hope for and What you absolutely will not do.
3. Ask the other person to confirm they understand. If they do not, explain. If you cannot be reasonably certain they understand decline play.
4. Once they understand your Needs, Wants, and Nopes, ask them what they need, what they hope for and what they absolutely will not do.
5. Confirm that you understand what they have said. Let them explain if needed.
6. Do not negotiate on your needs or nopes. Negotiation is for your wants/hopes. Do not negotiate on their needs or nopes. Negotiation is for their wants/hopes.
7. If your wants are on their NOPES or your NOPES on their wants then there is no point in playing together. Thank the person and move on.

## Making a NO Stick

Most of us have been there. You politely decline or demur play and the person asking will not accept your answer. You might feel pressured, annoyed, trapped or even afraid.

When saying no to someone aggressive you need to be assertive and clear. You say, "No". Do not make excuses. "No" is a complete sentence.

If someone persists after you have said no, do what you can to remove yourself from the situation. This person is trying to manipulate you, and you don't have to let yourself be manipulated

We are socialized to be polite, to worry about the ego of others. Unfortunately a polite prevarication "Thanks but I have plans" is seen as an invitation to pressure "How about tomorrow?"