

CHEAT SHEET

Things you can say when you don't want to do what a friend wants you to do

- "I don't really want to do this"
- "This is mean. I don't want to do this."
- "I changed my mind - I don't want to do this"
- "This is making me feel badly. I don't want to say that."
- "I am feeling worried about this - I want to be left out if this"
- "This doesn't sound like a good idea. I want out"
- "This isn't cool. I don't want to do this"
- "I can just TELL that this is going to go wrong and I'm gonna get busted. Forget it!"
- "I think this is going to hurt someone else's feelings. Let's not do this"

Things you can say when a friend is gossiping and you don't like it

- "Are you sure you should be saying this? I don't think this is right."
- "This sounds like gossip. Let's change the subject"
- "Hey - I don't want to talk like this. If she hears us, she'll be embarrassed."
- "Come on guys. This is how rumors get started."

Things you can say when your feelings are hurt by a friend

- "I am feeling upset. You seem mad at me and I don't understand why"
- "I was really sad when you didn't invite me. It was embarrassing"
- "I am angry because you broke your promise and told my secret"
- "I am confused. We were together all weekend and now are not acting like my friend."