

# No In Translation

Youth Name: \_\_\_\_\_ Plan Developers: \_\_\_\_\_

“No” can be a trigger word for many youth. However, there are many ways to reframe and rephrase the word “No” so that it does not immediately trigger a negative response. Consider the following ten phrases that start with “no”. Rework each phrase using words that will help the youth sustain a regulated state and work cooperatively with others to understand the choices, options, and message in a more positive light. Below is an example that can help get the team started with developing their own ideas. Share these with all team members.

<b>No, I won't do it</b>	<b>No, stop that and do this</b>	<b>No, we are not ready to go</b>	<b>No, we cannot do that</b>	<b>No, we cannot stay here</b>
<p>Right now, I can do this __fill in blank__ for you, but __fill in blank__ is not possible.</p>				
<b>No, I don't want it</b>	<b>No, I do not want to play/talk</b>	<b>No, not now</b>	<b>No, you can't have it</b>	<b>No, I don't like what you are doing</b>