

Saying "NO" puts us in a very sticky situation, doesn't it? But sometimes there is an imperative or it is necessary to say "NO" to our colleagues, bosses, Clients, customers or even to our very good friends. Well, there is a way to say "NO" and there is a way you do it in a way that is not offending the person that you say "NO".

In this post I will explain you certain situations & you will see what kind of expression we should use so that we say "NO" in a polite way.

SAYING "NO" TO AN INVITATION

"Thank you I'd really love to, but unfortunately I can't"

"That sounds wonderful but I'm sorry I have to say no"

SAYING "NO" TO A REQUEST FOR HELP

"I really wish I could help you out but my hands are tied"

"If it were any other day, I'd say yes, but you are really caught me at a bad time"

SAYING "NO" TO SOMETHING YOU UNWILLING TO DO

"Sorry I'm a bit of a rush myself"

SAYING "NO" TO PRAISE

"Thank you are too kind"

"Thank you but I can't take all credit"

SAYING "NO" TO AN OFFER OF HELP

"Thank you but I can manage myself"

"I appreciate the offer but that is not required"

SAYING "NO" TO SUGGESTIONS

Look I really appreciate your concern but I want to handle this on my own