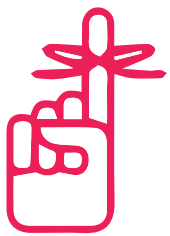# TEACHING "NO, but...."

"NO."

THINGS TO REMEMBER:

- Don't just say "NO"
  No almost always seems to follow a worse scenario... and causes unwanted behaviors

- Instead of using "NO", use "but..." and give an alternative

EXAMPLE

"**NO**, you can't have ice cream, **BUT** you can have pudding."

PRACTICE! PRACTICE! PRACTICE!

Practice 10 times a day, mastering each step before going to the next

- Step 1: Start saying "no" and giving an alternative that is better
- Step 2: Say "no" but give an equal alternative
- Step 3: Say "no" but give a lesser equal alternative

Therapy BEYOND

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