



11 TEXT RESPONSES

To Get Yourself Out Of A Sticky Situation

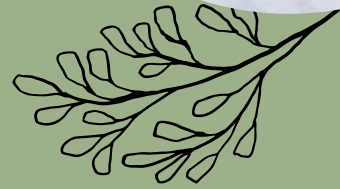
Suzanne  Leydecker



Suzanne Leydecker is a fierce-love coach, author, speaker, and mother on a mission to build bullet-proof women who keep their promises, learn to say NO, and never take anything personally again. With a background in marriage and family counseling and a certificate in Spiritual Psychology, Suzanne blends education with a holistic approach to guide women on their journey of self-discovery.

Splitting her time between Aspen, Colorado, and Orlando, Florida, she helps women over 50 fall in love with themselves again by saying no without self blame, self doubt, or second guessing. Her memoir, *A Woman On Top: My Journey of Self-Discovery Through Love and Money*, reflects her personal and professional evolution.

Suzanne is dedicated to teaching women how to say NO so they can say HELL YES – in love, life, and business.



WHAT'S INSIDE!

1. WHY WE HAVE TROUBLE SAYING NO

You are not alone in struggling to establish and hold a boundary.
Learn WHY you are saying YES too often!

2. SAMPLE TEXTS AND RESPONSES

From a friendly dinner invite to an uncomfortable request to borrow money, these are the perfect ways to say 'NO'.



Why We Have Trouble Saying No

WHAT DO YOU DO WHEN YOU GET A TEXT FROM SOMEONE ASKING YOU FOR SOMETHING THAT IS NOT A “HELL YEAH” AND YOU KNOW IT?

Do you remember to ask yourself before you answer someone, “Does this feel like a “Hell Yeah?” but even if it isn’t you do XXXXX anyway?

Has anyone ever asked you for something and it is a resounding NO but you think to yourself *I don’t want to rock the boat. I guess I can say yes just this one last time* and so you say yes and regret it?

I don't know about you but I have said *just this one last time* 1000 times somehow believing that if I gave in one last time and did this thing I didn't really want to do, no one would ask me for anything inappropriate again. Well that was the biggest joke *ever* and the requests continued to come.

Why do you say yes? You say yes because you want *everyone* to like you.

Or you try to come up with some creative way of saying NO that doesn't make you look like the *ungrateful* or *selfish* person you think you are.

Sometimes, it takes **30 minutes** to write and then rewrite and then rewrite again an answer to the text. Why do we rewrite so many times? If you are reading this, you know why. Because we don't want to appear like we are selfish and we don't want that person to not like us.

Sound familiar?

**THE FOLLOWING ARE THE KIND OF TEXT
MESSAGES I AM TALKING ABOUT.**

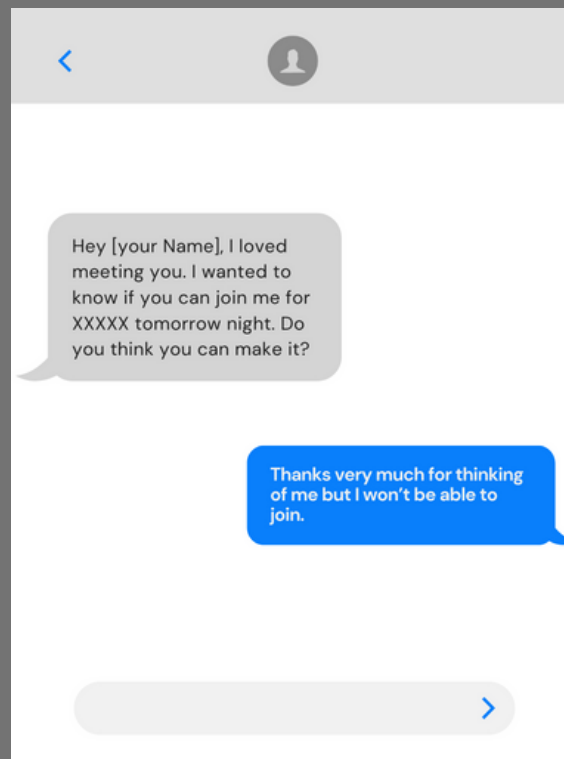
Sample Texts & Responses



“Hey [your Name], I loved meeting you. I wanted to know if you can join me for XXXXX tomorrow night. Do you think you can make it?”

When you get a text asking you to do something you don't want to do, you can say:

1. “Thanks very much for thinking of me but I won't be able to join.”
2. “I am not able to join but thank you for the invite.”



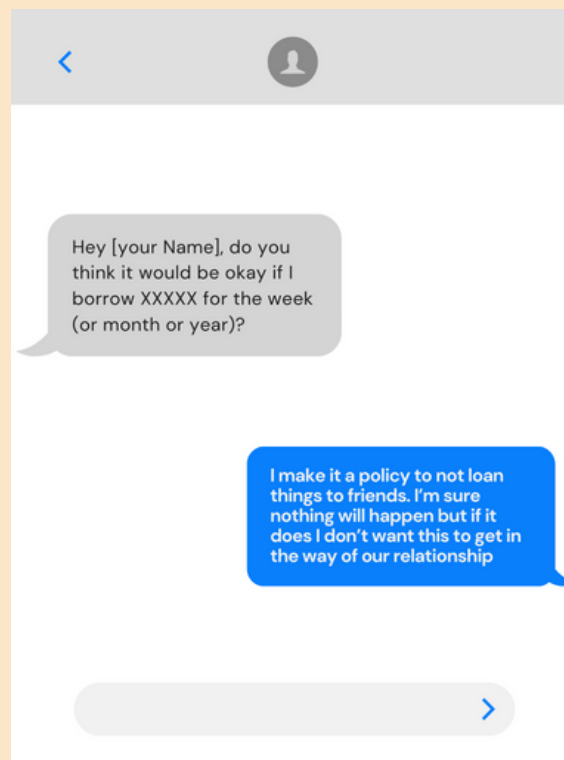
***Extra friendly (for the people pleasers and newbies to saying “no”)**

“Oh wow, sounds fun! I am not going to be able to join but thank you for the invite. I am sure you will have a blast.”

“Hey [your Name], do you think it would be okay if I borrow XXXXX for the week (or month or year)?”

When you get a text from someone asking you if they can borrow something you can say:

1. “I make it a policy to not loan things to friends. I’m sure nothing will happen but if it does I don’t want this to get in the way of our relationship.”
2. "I appreciate you thinking of me, but I'm not comfortable lending that out. Is there perhaps another way I could help?"
3. I no longer loan anything to friends.



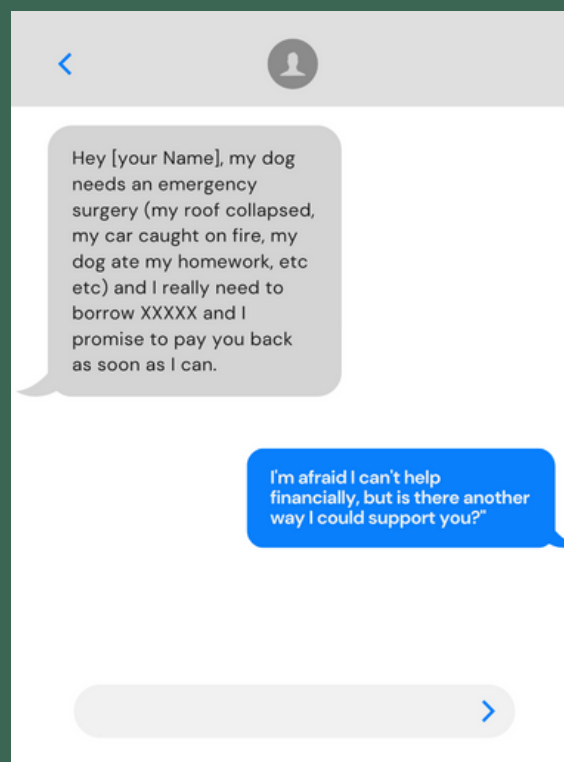
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“I once loaned (customize item) to a great friend and it cost us our friendship and I would never want that to happen to us because I like you so much!”

“Hey [your Name], my dog needs an emergency surgery (my roof collapsed, my car caught on fire, my dog ate my homework, etc etc) and I really need to borrow XXXXX and I promise to pay you back as soon as I can.”

When you get a text from someone asking you if they can borrow money you can say:

1. "I'm afraid I can't help financially, but is there another way I could support you?"
2. "I value our relationship too much to risk complicating it with money lending."

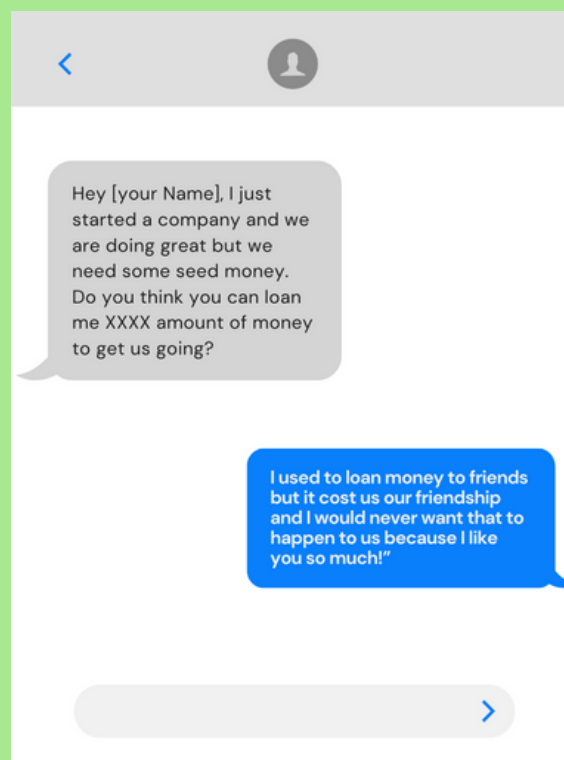


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“I care about you deeply, and I know this must be a difficult situation. While I can't lend money, I'd love to help you explore other options or resources that might work better in the long run.”

“Hey [your Name], I just started a company and we are doing great but we need some seed money. Do you think you can loan me XXXX amount of money to get us going?”

When you get a text from someone asking you if you can invest money you can say:

1. “I used to invest money with friends but it cost us our friendship and I would never want that to happen to us because I like you so much!”
2. “I don’t do business with friends but I wish you good luck in finding what you need.”



***Extra friendly (for the people pleasers and newbies to saying “no”)**

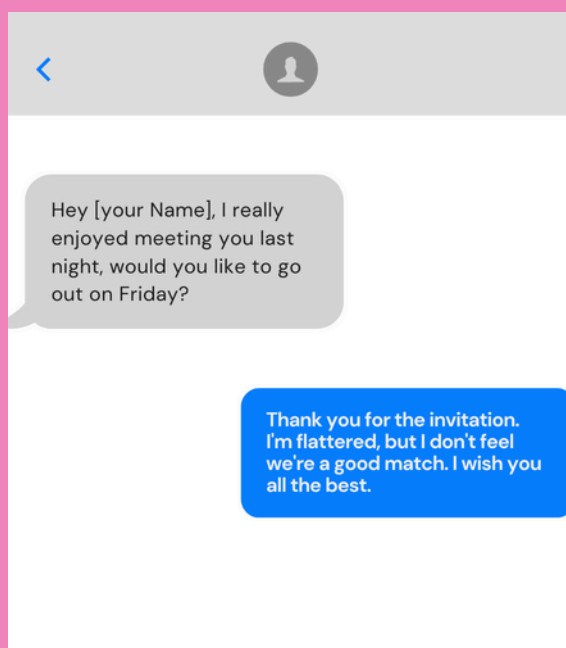
“I am sure it is a brilliant idea as it’s coming from you but I simply don’t invest in friends' projects.”

“Hey [your Name], I really enjoyed meeting you last night, would you like to go out on Friday?”

The only problem is that last night you were flirting with this man but towards the end of the evening you realized he wasn't the one for you but you don't want to hurt his feelings and you feel bad for not going on another date.

When you get a text from someone asking you to go on a date with them that you don't want to go on:

1. “Thanks for the invite. I'm not interested in dating, but I'd be happy to hang out as friends if you'd like.” (And a P.S. to this one do not say the last part about hanging out as friends if that is not a resounding “Hell Yeah”).
2. "Thank you for the invitation. I'm flattered, but I don't feel we're a good match. I wish you all the best."



***Extra friendly (for the people pleasers and newbies to saying “no”)**

“That is so sweet of you but I am immersed in my work and married to the book I am currently writing*. I don't have the time for dating right now.” (Or your job, dog, kids, or passion or whatever your focus is).



These responses are short, direct, and clear without offering excuses or apologies. They don't leave room for misinterpretation and don't provide unnecessary explanations or excuses. And they don't take 30 minutes before you feel okay about hitting send.

**Want More? Book A 20 Minute Call
With Suzanne To Start Tackling Your
Next Sticky Situation!**

BOOK 20 MINUTES