

# f\*ck no!

how to stop saying yes  
when you can't, you shouldn't,  
or you just don't want to

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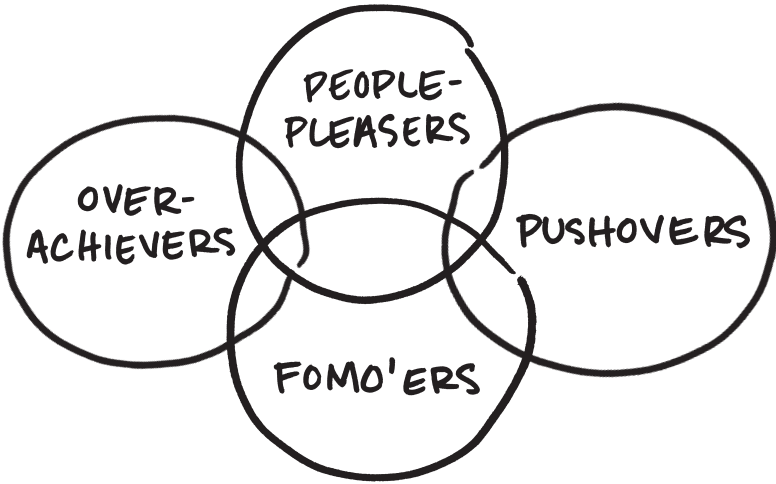
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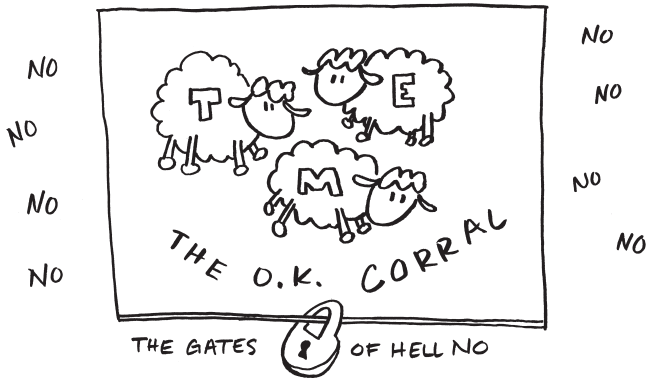
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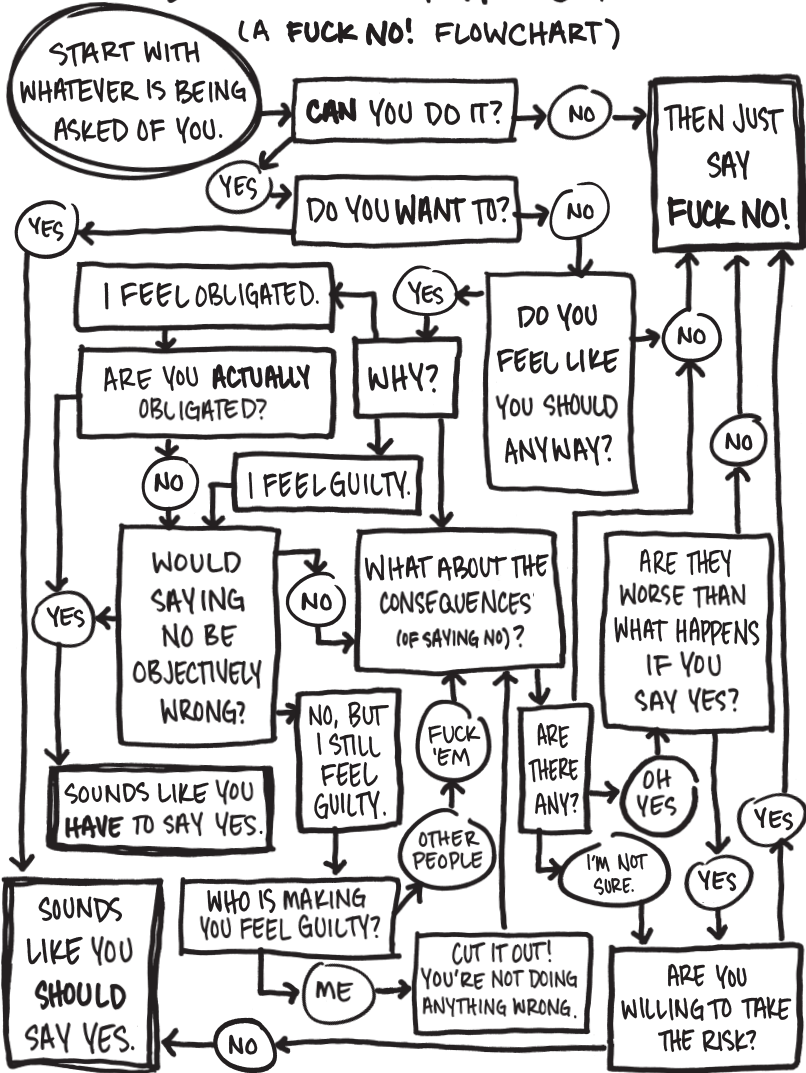
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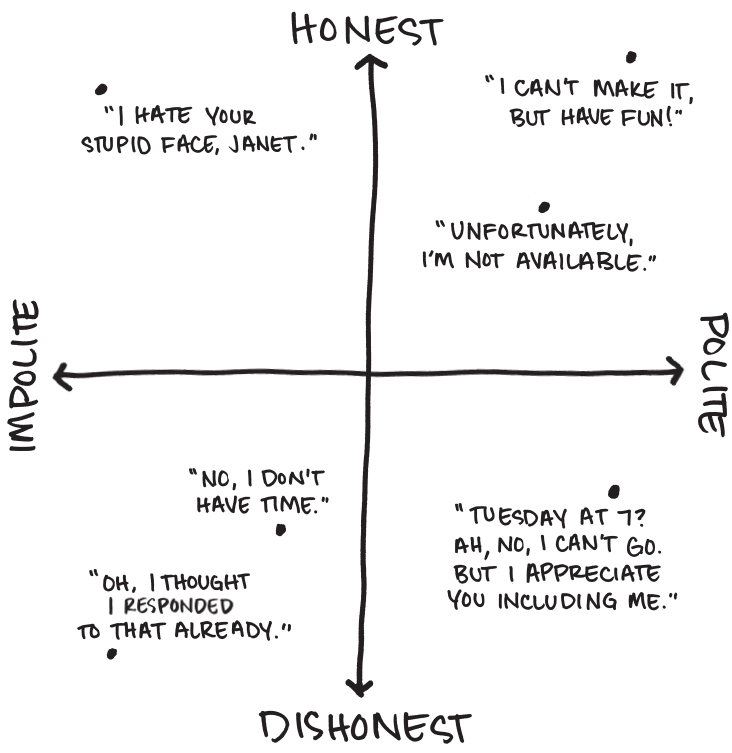




# DO I REALLY HAVE TO?

(A FUCK NO! FLOWCHART)





	THANKS FOR THE INVITE! SORRY I CAN'T MAKE IT!	I'M NOT ABLE TO BE THERE, BUT I COULD PARTICIPATE ANOTHER WAY.	THANKS, BUT [CROWDS/ MAGIC MUSHROOMS/ BEING LOCKED IN A GLORIFIED STORAGE UNIT] ISN'T REALLY MY THING.
PROTEST	X	X	X
SPORTING EVENT	X		X
VIGIL	X	X	X
SHAMANIC RITUAL	X		X
RAVE	X		X
ESCAPE ROOM	X		X





# FuckNotes: Invitations Edition

And now, to close our chapter on invitations and appropriate responses thereto, I present the first installment of . . . FuckNotes!

(Remember when I told you this book would contain fill-in-the-blank exercisesakin to Mad Libs™ that would not be called Mad Libs™ because the Mad Libs™ name belongs to someone else? These are those.)

FuckNotes are templates that help you craft a no best suited to your individual situation. You'll find three at the end of each chapter, and until I get my act together to come out with a whole line of FuckNotes activity books, feel free to Xerox them and staple the copies together to form a go-to cheat sheet for all those times that you can't, shouldn't, or just don't want to.

For invitations, gather the following:

- The event you've been invited to
- A conflicting event, if any (optional)
- A bad feeling you do *not* wish on the inviter
- An expression of support for the inviter (e.g., "love you," "am proud of you")
- Personal issues that preclude your attendance, if any (optional)
- A positive adjective

Then, mix 'n' match to form your no. It's that easy! And you can always embellish after the fact if you think it's necessary, although you know how I feel about that, Matt.

## If you CAN'T

Alas, I can't come to your \_\_\_\_\_  
event you're invited to

[because I have a(n) \_\_\_\_\_]. I hope  
conflict, if any

you won't be \_\_\_\_\_, you know I  
bad feeling

\_\_\_\_\_. Have a(n) \_\_\_\_\_ time!  
expression of support/  
love/etc. positive adjective

## If you SHOULDN'T

Unfortunately, I won't be able to make it to

your \_\_\_\_\_. [\_\_\_\_\_ makes it  
event you're invited to personal issue, if any

difficult for me to do this kind of thing.] Have

a(n) \_\_\_\_\_ time!  
positive adjective

## If you JUST DON'T WANT TO

Hey, sorry I can't make it to your \_\_\_\_\_,  
event you're invited to

but I appreciate the invite and I hope you have

a(n) \_\_\_\_\_ time!  
positive adjective

# FuckNotes: Favors Edition

Gather the following:

- Expression of sympathy or regret/apology (e.g., “Wish I could help” or “Sorry”)
- The favor you’ve been asked to do
- An honest, polite reason why you can’t/shouldn’t do it (optional)
- Offer to help another time (optional)
- Alternate solution to get the favor done

## If you CAN'T

\_\_\_\_\_, but I can't \_\_\_\_\_  
expression of sympathy/apology                      favor you've been asked to do

[because I \_\_\_\_\_.] Maybe you could  
reason why you can't

try \_\_\_\_\_? [Or if you're flexible, I  
alternate solution

could help you \_\_\_\_\_.]  
alternate timeframe

## If you SHOULDN'T

\_\_\_\_\_, but I'm not able to \_\_\_\_\_  
expression of sympathy/apology                      favor you've been asked to do

[because I \_\_\_\_\_.] Maybe you could  
reason why you shouldn't do it

try \_\_\_\_\_ instead? Good luck!  
alternate solution

## If you JUST DON'T WANT TO

\_\_\_\_\_, but that's not going to work  
expression of sympathy/apology

for me. Maybe you could try \_\_\_\_\_  
alternate solution

instead? Good luck!

## FuckNotes: Business Edition

Remember your training in advance no-tice from page 145? Those tips come in handy here too: do not reply right away, don't be an asshole, and keep it brief. Get the Pro No's flowing with the following:

- A polite salutation (i.e., "Dear Jim" or "Good morning")
- The thing you've been offered or asked to do
- A reason why you can't/shouldn't do it (optional)
- Phrase describing the completion of the offer/task (e.g., "squared away," "taken care of," "sorted out")
- A polite closing (e.g., "Sincerely" or "Regards")

## If you CAN'T

\_\_\_\_\_,  
polite salutation

Unfortunately, \_\_\_\_\_ won't be possible for me [because \_\_\_\_\_]. [Add  
whatever you've been offered/asked to do  
reason why you can't

optional No-and-Switch or No-for-Now]

\_\_\_\_\_,  
polite closing

\_\_\_\_\_  
your name

## If you SHOULDN'T

\_\_\_\_\_,  
polite salutation

Unfortunately, [\_\_\_\_\_] won't be possible for me [because \_\_\_\_\_]. I'm sorry  
whatever you've been offered/asked to do  
optional reason why

I couldn't be of more assistance on this one,

but I wish you all the best in getting this

\_\_\_\_\_.  
phrase describing completion

\_\_\_\_\_.  
polite closing

\_\_\_\_\_  
your name

## If you JUST DON'T WANT TO

\_\_\_\_\_.  
polite salutation

Unfortunately, [\_\_\_\_\_] won't be possible. I'm sorry I couldn't be of more assistance on this one, but I wish you all the best

whatever you've been  
offered/asked to do

in getting this \_\_\_\_\_.

phrase describing completion

\_\_\_\_\_.  
polite closing

\_\_\_\_\_  
your name



	NOPE.	I'M NOT FEELING IT TODAY.	THAT'S NOT REALLY MYTHING.	NEVER.
DO YOU WANT TO GO OUT?				
DO YOU WANT TO HAVE PEOPLE OVER?				
DO YOU WANT TO HANG OUT WITH [PERSON/PEOPLE YOU DON'T LIKE]?				
DO YOU WANT TO [DO A SPECIFIC ACTIVITY]?				
DO YOU WANT TO [DO SOMETHING YOU'RE AFRAID OF]?				
DO YOU WANT TO [TRY THIS THING YOU HAVE NEVER DONE BUT KNOW YOU WON'T LIKE]?				

# FuckNotes: Partners Edition

Gather the following:

- Term of endearment (e.g., “Babe” or “Snookums”)
- Thing you’ve been asked to do
- Corresponding verb
- An alternate suggestion/solution
- An alternate timeframe in which you could do it (optional)

## If you CAN'T

I'm, sorry \_\_\_\_\_, but I can't \_\_\_\_\_  
term of endearment verb

\_\_\_\_\_. Maybe we/you could \_\_\_\_\_?  
thing you've been asked to do alternate suggestion/  
solution

[Or if it can wait, I'd be happy to do it

\_\_\_\_\_].  
time period, i.e. "later"  
or "in a few weeks"

## If you SHOULDN'T

I'm, sorry \_\_\_\_\_, but that's not a good  
term of endearment

idea for me. Maybe we/you could \_\_\_\_\_?  
alternate suggestion/solution

[I don't mind if you \_\_\_\_\_  
verb thing you've been  
asked to do

without me though!]

## If you JUST DON'T WANT TO

My dear sweet \_\_\_\_\_, I really  
term of endearment

don't want to do that. [I don't mind if you

\_\_\_\_\_ without me though!]  
verb thing you've been  
asked to do

# FuckNotes: Family Edition

Here we go again, and for the last time! Prepare to tailor your various, sundry, and eminently justifiable no's into a one-size-fits-all explanation for some of the most special—and especially demanding—people in your life. You will need:

- A salutation (e.g., “Dear” or “Hey”) and your family member’s name or appellation (e.g., “Walter” or “Dad”)
- Their request/demand/offer
- Phrase for fulfilling their request/demand/offer (e.g., “take you up on this” or “be there for you”)
- A reason you can’t do it (optional)
- An adjective that is the *opposite* of how you’re worried they’ll feel when you say no
- An alternative to their request (optional)
- An expression of disappointment (e.g., “Bummer,” “This sucks,” or “Oh shit!”)
- A positive verb describing your feelings for this family member

## If you CAN'T

\_\_\_\_\_, \_\_\_\_\_!

appropriate salutation for this family member, and their name

I wish I could \_\_\_\_\_, but sadly I  
phrase for fulfilling their request/demand/offer

can't [because \_\_\_\_\_]. Please don't be  
reason why you can't

\_\_\_\_\_. I love you!

adjective opposite of how  
you worry they will feel

[P.S. Maybe we could \_\_\_\_\_ instead  
alternative to their request

sometime soon?]

## If you SHOULDN'T

\_\_\_\_\_, but I'm going to have to say  
expression of disappointment

no to \_\_\_\_\_. I hope you understand—  
their request/demand/offer

it doesn't mean I don't \_\_\_\_\_ you!  
verb describing your feelings for them

## If you JUST DON'T WANT TO

I have to pass on \_\_\_\_\_ . Love you,  
their request/demand/offer

though! Talk soon. XOXO

STOP  
SAYING  
YES



WHEN YOU  
WANT TO  
SAY  
FUUCK NO!