WORKSHEET **Write Your Own Kind, Short No**

For each request, write the three parts. Leave the alternative blank if you don't have one you mean.

Request 1: _____

Warm opener: _____

Clear no: _____

Honest alternative (optional): _____

Request 2: _____

Warm opener: _____

Clear no: _____

Honest alternative (optional): _____

Request 3: _____

Warm opener: _____

Clear no: _____

Honest alternative (optional): _____

Checks for each one:

☐ It fits in one breath.
☐ It has no "sorry" (unless I broke a promise).
☐ It has at most one short, true reason.
☐ Any alternative is smaller, specific and something I want to do.

© 2026 Blake Tenney · From *Disappoint Someone Today* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads