

When someone says no

Sometimes, you might have a great idea at work. You might be really excited about your idea. But what if someone says no to your idea?

There are lots of reasons why someone might say no to your idea:

- Maybe there isn't enough money
- Maybe it will take too much time
- Maybe another idea is easier

Even if there's a good reason, it's normal to feel frustrated or disappointed if someone says no to you at work.

It's okay to feel those strong feelings. But it's important to make sure you're calm again before you say or do anything. This exercise will help you deal with strong feelings if someone says no to your ideas.

Dealing with strong feelings

When someone says no to your idea, you might feel frustrated, disappointed, or embarrassed.

Here are some ways you can deal with these strong feelings:

- Take a few minutes by yourself to cool down
- Remind yourself that it's normal to feel strong feelings
- Try to understand why they said no. You can ask questions about the decision once you feel calm.
- Accept that you can't control the decision. At least you tried to share an idea, and you can try again another time.