



#How to

SAY "NO" TO MORE FOOD
SAY "NO" TO PARTY INVITATIONS

HOW TO RESPOND
CHRISTMAS EDITION



just TAKE
A LESSON
MINI E-BOOK



#How to

SAY "NO" TO
MORE FOOD

JAK PO ANGIELSKU SPYTAĆ,
CZY NASZ GOŚĆ MA OCHOTĘ NA DOKŁADKĘ?

DO YOU WANT ANOTHER COOKIE?

WOULD YOU LIKE ANY MORE?


WOULD YOU LIKE A SECOND HELPING*?

DO YOU CARE FOR SECONDS**?

PLEASE HELP YOURSELF. THERE'S PLENTY MORE.

*SECOND HELPING - DOKŁADKA

**SECONDS - DOKŁADKA (POTOCZNIE)





#How to

SAY "NO" TO
MORE FOOD

JAK PO ANGIELSKU POWIEDZIEĆ:
NIE, NIE CHCĘ JUŻ WIĘCEJ, DZIĘKUJĘ!

NO, I'M FINE. THANKS.

NO, THANK YOU, I'M ALL GOOD.

NO, THANK YOU. I'M FULL.

NO, THANK YOU. I'VE HAD ENOUGH.

I'VE HAD MORE THAN ENOUGH.

I JUST DON'T HAVE ROOM FOR ANY RIGHT NOW

IT LOOKS LIKE YOU WORKED VERY HARD ON IT,
BUT I DON'T EAT SUGAR.

I'VE HEARD THIS DISH IS ABSOLUTELY
DELICIOUS, BUT I'M STUFFED.





#How to

SAY "NO" TO PARTY INVITATIONS

STRATEGIA 4XS

1. SYMPATHIZE
2. SAY NO
3. SAY WHY
4. SUGGEST ALTERNATIVES





#How to

SAY "NO" TO PARTY INVITATIONS

HEY, WE ARE HAVING A HOLIDAY PARTY!
WILL YOU COME?

1. SYMPATHIZE

THAT SOUNDS REALLY GREAT

I WISH I COULD

THAT SOUNDS LIKE A LOT OF FUN





#How to

SAY "NO" TO PARTY INVITATIONS

2. SAY NO

UNFORTUNATELY, I CANNOT
I HAVE TO SAY NO


3. SAY WHY

I HAVE OTHER PLANS
I'VE ALREADY MADE OTHER PLANS
OH, WHAT A NICE INVITATION,
BUT I'M AFRAID I CAN'T MAKE IT.

4. SUGGEST ALTERNATIVES

WHY DON'T WE GET TOGETHER
AFTER THE NEW YEAR?





#How to

HOW TO RESPOND
CHRISTMAS EDITION

Pamiętaj, że

IF YOU'RE NOT IN THE MOOD, IT'S OK
TO SAY YOU'RE NOT INTERESTED IN
ANSWERING THESE TYPES OF QUESTION
ABOUT YOUR LOVE LIFE.

#selfcare



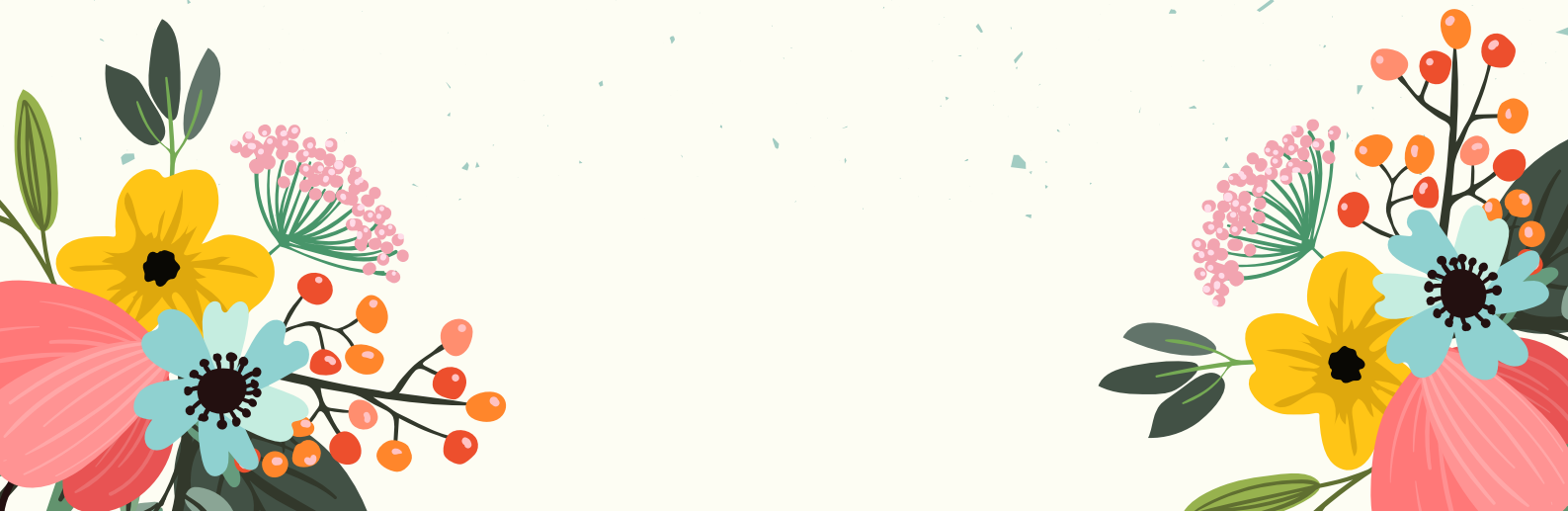


#How to

HOW TO RESPOND CHRISTMAS EDITION

-LOOKS LIKE YOU'VE PUT ON SOME WEIGHT!
"I'M HAPPY AND HEALTHY,
THANKS FOR NOTICING"

-HAVE YOU LOST WEIGHT?
YOU LOOK SKINNY!
"I KNOW YOU MEAN THAT AS
A COMPLIMENT, BUT I AM NOT INTERESTED
IN DISCUSSING MY APPEARANCE.
LET'S TALK ABOUT SOMETHING ELSE,"





#How to

HOW TO RESPOND CHRISTMAS EDITION

YOU'RE NOT DRINKING ANYMORE?

WHAT A BUMMER.

„YOU KNOW, I REALLY LOVE CONNECTING
TO PEOPLE THROUGH MEANINGFUL
CONVERSATION AND I HAVE A LOT OF
FUN JUST BEING MYSELF,“

SO WHEN ARE YOU GOING TO SETTLE DOWN?

„I'M GOOD WHERE I AM.

HOW ARE THINGS WITH YOU?“





#How to

HOW TO RESPOND CHRISTMAS EDITION

WHEN ARE YOU TWO GETTING MARRIED?
"NAME ONE SUPERHERO WHO'S MARRIED...
EXACTLY"

YOU *STILL HAVEN'T FOUND A JOB?
YOU CAN TELL THEM YOU'RE STILL LOOKING
AND THAT THE SEARCH PROCESS IS WORKING
JUST FINE FOR YOU



The top corners of the page are decorated with vibrant floral arrangements. On the left, there are pink, yellow, and light blue flowers with dark centers, interspersed with clusters of small red berries and green foliage. A similar arrangement is on the right side. The background is a light, speckled white.

#How to

HOW TO RESPOND CHRISTMAS EDITION

WHEN ARE YOU GOING TO HAVE A BABY?
"WE AREN'T SURE! SPEAKING OF KIDS..."

WERSJA - MOCNE GRANICE

THAT'S A RATHER PERSONAL QUESTION,
DON'T YOU THINK?
ANYWAY, HOW'S YOUR NEW JOB?"

A TAK W OGÓLE JEŚLI NIE CHCESZ, TO WCALE
NIE MUSISZ ODPOWIADAĆ NA TAKIE PYTANIA.
JUST

