

# No-Based Question Template

Instead of asking for a 'yes' (which can feel like giving up control), reframe your requests so your partner can comfortably say 'no.' These no-based questions lower defensiveness and create space for calm responses.

## Examples of No-Based Questions

- Instead of: "Can you calm down?" → Try: "Are you opposed to lowering our voices right now?"
- Instead of: "Can we take a break?" → Try: "Would it be unreasonable if we paused for five minutes?"
- Instead of: "Can we finish this later?" → Try: "Are you against coming back to this after dinner?"

## Fill-in-the-Blank Templates

- Are you opposed to \_\_\_\_\_ ?
- Would it be unreasonable if \_\_\_\_\_ ?
- Are you against \_\_\_\_\_ right now?

## Practice Section

Write 3 no-based questions that could work in your relationship:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_