

Buts Are Nice

No, you can't have a raise . . .

No, you can't go to the show tonight . . .

No, you can't have an extra \$5.00 . . .

No, you can't have a new dress . . . BUT . . . And there should always be one . . . You CAN have, be, do something else. Why make *no* mean what it has meant to generations of people? Point in Progress here ==> What does *no* mean to you? No. Period. End of discussion. Youch! No, you can't have a raise, BUT . . . I realize you have been working long, hard hours, and putting a lot of your own sweat into this project. I want you to know that I appreciate it, and I won't forget it. No, you can't go to the show tonight, BUT . . . I have enough money in the budget to rent a movie, and I don't mind if you invite a close friend over to share it. I'll even make some popcorn and bake your favorite cookies. No, you can't just have an extra \$5.00 tonight, BUT . . . If you'll do some extra chores around the house, we'll see if I can come up with an extra \$5.00 by next week end. No, you can't have a new dress, BUT . . . I can help you sew one. We'll make a girls' night every week until we get it done. I'll make some brownies, and if you want a friend to come help, I think it will

be fun. Why not make refusals fun? Why not give hope in everything that we do? *You want to make love tonight, Honey?* *No, BUT . . . after you help me with dishes we can snuggle.* &#x26; You saw that one coming, didn't you. Note: Now, please don't write and say that *but* is a negative. I am hoping every time you say *but* in the manner it is intended above, that your eyebrows wriggle and your eyes twinkle. OK? Thank you for reading. Jan

About the Author

Copyright 2006, Jan Tincher, All Rights Reserved Worldwide DISCLAIMER: Jan Tincher and/or *Tame Your Brain!* do not guarantee or warrant that the techniques and strategies portrayed will work for everyone. The techniques and strategies are general in nature and may not apply to everyone. The techniques and strategies are not intended to substitute for obtaining medical advice from the medical profession. Always consult your own professionals before making any life-changing decisions. ~~~~~

Subscribe to “Tame Your Brain!“ here. When you do, you'll receive FREE “Do Butterflies Land On Your Shoulder?“ -- a fantastic article on how to find peace. [Click here to subscribe to Tame Your Brain!](#) ~~~~~ ==> Publishers, you are welcome to reprint this article in its entirety provided you retain the above resource box and include this notice, plus notify us of the day(s) you will be running it.

Source: <http://www.relationshiprepair.net>