

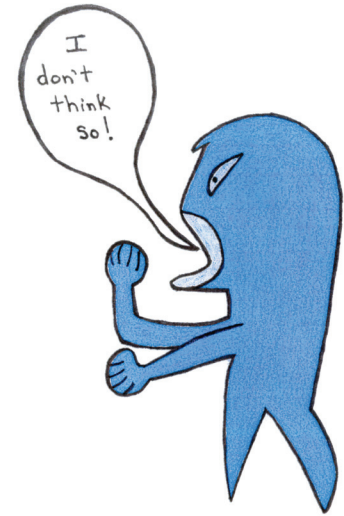
Stop! **Refuso** is invading your brain!

Powers of this Unthinkable

- **Refuso** gets people to refuse to do things they're asked to do. Refuso make people say things like "I don't think so," "I don't want to!," and "No!"

To do what's expected, use these Superflex strategies:

- Use self-talk: "I can probably do what I want to do later if I do what I'm being asked to do right now."
- Check what you know about the adult who is asking you to do something. Is this person usually reasonable and fair and someone you trust? If the answer is yes, probably you're being asked to do something that's very reasonable. You need to work on figuring out ways to help yourself get to work!
- If a parent asks you to do a chore at home, use your self-talk to give yourself a reminder: "I'm a part of the family and everyone is working to do their part. My parents do their chores every day even though some days they may not want to or they're busy with something else. This means I should try to do my part, too."



Refuso