

## Possible Delaying Tactics

*Directions:* Review the delaying tactics listed below. In the space provided, add additional ones you think of.

### 1. Delay Statements

Things you could say:

I'm not ready.

Not now.

Sorry, I have to go.

It's not the right time.

Not tonight—I've got a sore throat.

I have to call home.

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### 2. Delay Actions

Things you could do:

Chew a cough drop.

Look distracted.

Drop something.

Stop kissing.

Go to the restroom.

Pretend you lost something.

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### 3. Creating Space

Things you could say or do:

"I need to go think about this."

Arms in front of body.

Take a step back.

Turn away.

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### 4. Ending the Situation Quickly

Things you could say or do:

"I've got to go now."

"Wow, look at the time!"

Push the person away.

Walk away.

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### 5. Building the Relationship

Things you could say:

"I know this isn't easy for you."

"I like you too."

"I'll call you tomorrow."

"I want you to stop."

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