

4. "If you promised to take care of it, be sure to do so"

- Saying "No" to an impossible request

To prevent from causing damage to a relationship, do not irresponsibly make a promise. One example of when this type of thing could occur is when saying, "yes" under the influence of alcohol because you are feeling more courageous. After you say "yes," don't say you didn't mean it, or you will lose credibility. You must say "no," if it is impossible for you to fulfill the request at that time. While drinking alcohol, having a meal, or playing golf, it is easier to agree to a proposition. There is a higher chance of agreeing to any promise while being intoxicated. This means that, "I am not sure" becomes, "I guess it is okay" in these situations.

If you have agreed to do something, it is too late to cancel. A person who always says, "it was an accident" or, "I didn't mean that at the time" is avoided by others. This case is the same as it is with the saying, "he that kills a man when he's drunk shall be hanged when he's sober."

You must directly tell others what you feel and also act on what you say to others. Enforce the rule of declining a request when it is impossible for you to fulfill it, otherwise, you will make a bad mistake.

- The importance of setting a deadline

This can apply not only to business situations, but also to those in domestic life. You or your partner may have a terrible habit of making empty promises, such as, “let’s try the restaurant that I found,” “let’s watch a movie later,” or “I’ll take you traveling later.” Do not forget or disregard these words.

If you’re at a party, you may use those words. However, a party is a special situation, so lip service can be used, but you should not make a habit of it. Keeping your word is an important rule.

I always set a deadline whenever I invite people to do something with me. For example, I say, “Honey, I found a good restaurant, so I will take you there within a month.” When making a promise with someone, it is important to setup a time limit. If that time frame does not work out for some reason, then the event should be rescheduled to make up for it.

In general, you should, “be true to your words and set a deadline to what you promise.” A tip is to let the other person remind you one week before the deadline. If the other person also forgot to remind you of the deadline, then you both are responsible. These techniques can also come in handy with business situations.