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## **INTRODUCTION**

No matter how nice you are, there will always be some people you want to send to another planet so that you never have to see them again. And that faraway place will have people ranging from your cheating ex to your nosy neighbors.



As a working professional, we are sure you go through and handle a whole range of emotions and feelings at work. Sometimes, it can even be like an emotional turmoil but you just cannot make express it or make it evident at your workplace. What do you do then? Because sometimes all you want to say is "fuck off" to somebody and actually mean it. This is not just because you want to but in fact, because that person deserves it. This is where it gets even more difficult! But in any case, you cannot just use those words at a workspace if you really like your job and reputation. What are your options?

### Sometimes A "No" Is Just As Good As Fuck Off

So the folks at your workspace are really used to you saying yes to everything. You are someone who get things done. And yet, sometimes all you want is to be left alone. Sometimes you feel like you are overloaded with work and you need some time to lay off. And that's when you'll have one of your seniors on your head with more work for you. Your mind is screaming hundreds of "Fuck off" for this senior but you are by now trained to not speak your mind. Alright, you cannot say fuck off but guess what? You can say NO. Just say a firm no and also explain why you cannot take up the additional task. Do not change your mind. If they insist, say no again. That's their cue to fuck off.



But you can't use NO all the time. So bring you 25 ways to say FUCK YOU or FUCK OFF to your colleagues, staffs, bosses or your clients!

1. When you respond to the person's email, make sure you CC his boss or bosses in your reply.

2. "Let's circle back later." (Nice way to say Fuck Off)

3. Decline meeting request without giving a reply or reason.

4. "Well, you've provided us all with a great opportunity for education on this matter." (AKA "You fucked up.")

5. Call him by any name of most hated people in the world, for example "Hey Donald Trump" or "Hello Kim Jong-Un"

6. "That's an interesting opinion, I wonder where you got it from?."

7. "Sorry I cannot help you."

8. "As per my previous email..."

9. "As I have specified previously..."

10. If the person suggests you something, you say- "Try it first and let me know how that works out."

11. "Thank you for your input, I will consider it."

12. In a meeting room - "Let's take this offline." (A.K.A "You're wasting everyone's time.")

13. Wait until three minutes before a meeting to officially decline. It is a powerful way to say "fuck you".

14. "I think you could do more than this".

15. "I'll take that into consideration."

16. "Please remove me from any future communications."

17. "You seem to speak more than you know."

18. "Thank you for your concern in the matter, but I can assure you it isn't necessary."

19. "Allow me to reference the SOP..." or "Allow me to show you what the SOP says".

20. "I hope your day is as pleasant as you are!" (Specifically for unpleasant people.)

21. "I hope your life is as happy as I see you on Facebook".

22. Leaving out "best wishes" or "thank you" or "regards" in your email sign-off.

23. "I hope you don't mean it because you are much better than this"

24. Read and ignore the message or email from the person.

25. Ignore the phone call and if you bump into the person, ask "did you call me the other day".

#### **CONCLUSION**

People will always intentionally or unintentionally make you mad. And it is very easy to get upset and say bad words like FUCK YOU to them on the face.

However to safeguard your reputation, you must pick your words or actions carefully. It may not sound as rude and harsh as you may intend to or as your heart feels, but it will definitely gives you satisfaction and feel a lot better and comfort.

At the same time, the receiving person may not feel offended or hurt but will feel the heat of your words or action.

Now that you have learned how to say FUCK YOU in kind and professional way, go out and use it as often as possible to your colleagues, staffs, bosses or even your clients without feeling guilty.

Hope you will have a lot lesser stress and happier working life.



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