

Saying Yes Too Much

Look at what you have taken on and work out what can come back off the list.

WHEN TO USE THIS

Use this when your week is full of things you did not really want to agree to.

This week's yeses.

WHAT I AGREED TO	WHO ASKED	WANTED TO?

How much of your week is yours?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

None of it

Most of it

Which one do you want to take back? What will you say?

What makes it hard to say no?

- ☐ They will be let down
- ☐ I might not get asked again
- ☐ It is easier to agree
- ☐ I said yes last time
- ☐ I do not want a conversation
- ☐ I like being the reliable one
- ☐ I feel guilty
- ☐ It seemed small at the time

What is one thing you would do with an evening back?

Every yes is a no to something else, and usually that something is you.

CPMHT

There is no wrong answer here. Bring this to your next appointment if it helps.