WORKSHEET **Where Do My Yeses Come From?**

Tick each statement that's true for you most weeks.

☐ I often say yes before I've checked whether I have time.
☐ I say "No problem" when it is, in fact, a problem.
☐ I feel guilty for days after turning someone down.
☐ When I do say no, I give a long explanation.
☐ If someone pushes back on my no, I usually give in.
☐ I rehearse excuses before I turn someone down.
☐ I say "Wherever's fine" or "I don't mind" even when I do mind.
☐ I feel quietly resentful toward people who ask me for things.
☐ My own plans are usually the first ones to move.
☐ I avoid asking for help because I don't want to be a bother.
☐ People describe me as "always there" or "so easygoing."
☐ I can't remember the last time I had a free weekend I planned myself.

My total ticks: _____

The yes I regret most from this week: _____

What it cost me (time, energy, money, mood): _____

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