WORKSHEET My Yes: Payoff and Price

For each yes, write what it paid you right away and what it cost you later. Then decide whether the trade was worth it.

Yes #1: _____

What it paid me: ☐ Relief ☐ Approval ☐ Identity ☐ Safety ☐ Avoiding guilt

What it cost me later: _____

Worth it? ☐ Yes ☐ No ☐ Partly

Yes #2: _____

What it paid me: ☐ Relief ☐ Approval ☐ Identity ☐ Safety ☐ Avoiding guilt

What it cost me later: _____

Worth it? ☐ Yes ☐ No ☐ Partly

Yes #3: _____

What it paid me: ☐ Relief ☐ Approval ☐ Identity ☐ Safety ☐ Avoiding guilt

What it cost me later: _____

Worth it? ☐ Yes ☐ No ☐ Partly

The payoff I chase most often: _____

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