



Lesson 2 Questions

Consider these questions in relation to situations where **you regularly say yes** when you would **rather say no**.

Who is asking you to do something? Do they have any authority over you (perceived by them or by you?)

What is your **relationship** to them?

Are their needs **more important than yours**?

Are they sincere in their request? (do they really need your help or is it just easier for them to get you to do it?)

Is what they are asking a **reasonable or unreasonable** request?

Am I just playing the role they have traditionally expected of me?

Does it suit me to say yes to this request?

What are the consequences of saying no to this request?
le: trivial and inconsequential or problematic and possibly dangerous?

And most importantly **"what is my body saying"** about this situation?

Can you see where you can **put yourself first** in these situations from now on?
Yes I can and I will ☐ No I can't, I'm struggling ☐



Good for you. Keep it up.

Contact Vicki for more help