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If you automatically say yes to most requests; if you tend to be a pleaser; if you over-commit, feel overwhelmed, or fed-up, it may be important for you to reconsider the use of your “Yes” and “No”.

Points to Ponder:

- Have I been asked to help?
Many people offer help without even being asked.
- Do I want to be involved in this?
- How do I honestly feel about this person and situation?
- Do I have the time, energy, and effort to give?
- What’s the cost of this to me and my well-being?
- What is my motive for getting involved?
- Have I taken care of my responsibilities first?
- Am I working harder on this than they are?
- Is this in my best interest?
- Am I coming from a place of fear, obligation, guilt, habit, or seeking love?
- Am I trying to control, fix, or rescue?
- Am I trying to force my plan and my will on someone else?
- Am I trying to orchestrate a certain outcome or result?
- What are my expectations or hopes if I do get involved?
- Can I do this for fun and for free, without future demands, expectations, or impositions?

- Is this something they can do themselves?
- Has this become a pattern or habit?
- Have I considered all my choices?
Give what you have, rather than their full expectation. Perhaps drive someone to work one time, instead of five times.
- Have they considered all their options outside of me?
Can they ask someone else? Can they take the bus? Can they adjust their plans?
- Am I saying yes because I'm afraid to say no? What am I afraid of?
- Am I prepared to follow through?

Your answers to each of these will reveal the health of your decisions and relationships. It's important to answer honestly so that you can come to terms with the reality of these situations.

Answering honestly is the key to awareness. You may still decide to get involved with a particular person or situation, but it is essential to at least tell yourself the truth about it. Lying to yourself is one of the most damaging things you can do.

Self-awareness, self-honesty, and self-referencing are all essential tools you can use to navigate decisions to help you make some of the harder calls.