

The yes log

One week. Three questions for every yes.

Week from _____

to _____

Write a row within the hour, while you still remember your first answer, before the reasons arrived. The small yeses count. The "sure, no problem" yeses count most. You do not have to change anything this week.

The yes what, and to whom	Did anyone ask? tick one	Did I want to? tick one	What did it buy me? being liked, being the easy one, not being the difficult one, something else
1	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
2	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
3	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
4	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
5	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
6	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
7	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
8	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
9	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	
10	☐ asked ☐ hinted ☐ I offered	☐ yes ☐ partly ☐ no	

At the end of the week

Rows where I did not want to: _____ of _____

The words I wrote most in the last column:

One yes I will answer differently next time, and my first answer before the reasons arrived:

Before your next yes, ask: what was my first answer, before the reasons arrived?