



Does your “Yes” really mean “Yes”?

Are you the one everyone else counts on to get things done? The one who can always be relied on to get the project over the line, no matter what? Great! Do you feel truly valued and appreciated? If not, it’s possible that you’re choosing to say, “Yes” too often.

Resentment...one sign you may be too helpful

Most people would likely agree that being helpful makes you a nice person, but does it really? Of course, helpfulness can be part of being kind (and nice), but what if your friend Sue asks, “Can my children come for a play this afternoon?” and you say, “No problem”, but then tell another friend, “Sue is always asking me to mind her kids but never offers to look after mine”? Saying, “Yes, it’s no problem” **too often** has caused you to speak against a friend because you’re feeling resentful. That’s not nice. Could it be that Sue has been told, “It’s no problem!” so often that she has come to believe you? She may think you’re so ‘together’ that you simply don’t need a hand, like she does. It would be more authentic to let her know that you’re happy to have her kids if she is able to look after yours in exchange one day soon. Negotiate a mutually rewarding outcome and you’ll be full of praise for Sue, which is much nicer! If it’s too taxing to have her kids right now, say so and let someone else enjoy the opportunity to give a hand this time.

Learning to be compassionate to self is a skill for life

If saying “Yes” leaves you feeling taken advantage of, it’s time to **reserve saying “Yes” for the times when you really mean it**. Be willing to say, “No, I can’t help you this time”. Don’t worry about offending people. When your “Yes” is an honest “Yes” other people learn that they can **truly depend on you...to be authentic and to do what you can, when you can**. Be compassionate to yourself and negotiate what works for you too. Not only will you feel so much better, you’ll teach each person in your family about self-compassion, an essential skill for feeling more appreciated.

- ✓ Being too helpful is a common source of resentment
- ✓ Practice negotiating win/win situations and honour your needs too
- ✓ If you can say “No, not this time” others will say, “I know I can always trust you.”

“There are only two words that will always lead you to success. Those words are yes and no. Undoubtedly, you’ve mastered saying yes. So start practicing saying no. Your goals depend on it!”

Jack Canfield

Encouraging women to develop and enjoy dynamic family relationships is Laurie’s special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



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Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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Practical life strategies for women