

**THE YES  
THAT ISN'T YOURS**

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**THE WORKBOOK**

*The questions that do the actual work.*

**MIKE KARAME**

## HOW TO USE THIS WORKBOOK

Read one chapter of the book. Then come here.

Work one chapter at a time. Do not read ahead.

Write by hand if you can. The hand knows things the keyboard talks over.

Write the first answer that arrives — not the second one, not the correct one, not the one you would be willing to show someone.

If a question is hard, sit with it. The hard ones are the useful ones.

You do not have to finish this quickly. You do have to finish it honestly.

***The prose is what gets you ready.***

***The questions are the work.***

CHAPTER 1

## The First Yes That Wasn't Yours

*This is where your life becomes visible.*

1. Name the person whose approval you are still calculating for — even now, even after years. If more than one, name the earliest.

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2. What was the first thing you learned to hide, dim, or manage in their presence?

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3. What happened — or what did you believe would happen — if you didn't?
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**4.** How old were you when the dimming became automatic?

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**5.** Write one sentence describing the version of you that existed before the managing began.

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CHAPTER 2

## The Unasked Review

*This is where it becomes real.*

1. Whose voice is actually inside the voice you think is yours? Name them.

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2. What criteria does that voice use to score you?

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3. When did you last hear it? Write down the exact thought.

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**4.** Is that criteria still relevant to the life you are actually living now?

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**5.** If that voice stopped scoring, what would you notice first?

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CHAPTER 3

**Selflessness vs. Self-Erasure**

*Don't skip this one.*

1. Name three things you have given recently. For each: from fullness, or from fear?

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2. Where in your body do you feel the difference?

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3. Who do you consistently disappear yourself around? Name them.

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4. What would it cost you to show up as yourself around that person?

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5. What are you more afraid of — their reaction, or discovering the relationship was never what you thought it was?

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CHAPTER 4

## The Sequence

*This is where the body becomes the evidence.*

1. Describe the last yes you gave that wasn't really yours. What happened in the seconds before you said it?

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2. What did your body do? Be specific — chest, breath, jaw, gut.

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3. Who was the request from?

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**4.** What did you believe would happen if you didn't comply?

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**5.** Looking at it now — was that outcome likely, or was the script protecting you from a threat that is no longer present?

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CHAPTER 5

## **The Body Does Not Lie**

*This is where the body leads.*

1. List the last three times you agreed to something and then felt exhausted immediately after.

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2. Which body signal do you trust least? (Chest, breath, jaw, gut, shoulders.)

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3. What has that signal been trying to tell you?

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**4.** When did you last override a clear body signal in favor of social ease?

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**5.** For the next 24 hours: name one moment where you will check the body before answering.

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CHAPTER 6

**The Cost**

*This is where the cost becomes clear.*

1. What are you resentful about that you have never said out loud?

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2. Who is the resentment toward?

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3. What was given — or taken — that went unacknowledged?

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4. Write the sentence you have never said. You do not have to send it.  
Just write it.

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5. What do you actually like — not what you perform liking? Write five things. If you can't, that is the data.

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## CHAPTER 7

# The Gap

*This is where you begin to catch it.*

1. Describe the last time you noticed the script running while it was running. What happened?

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2. Who do you lose the gap with most completely? The person whose approval closes it fastest.

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3. What is similar between that person and the original figure your script was built around?

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**4.** For the next 24 hours, your only task is to notice. Not to act differently. What did you see?

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CHAPTER 8

**The Effort Trap**

*This is where the effort trap becomes visible.*

1. Name a time you tried to force a different response. What happened?

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2. How did you feel the next day?

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3. What does it feel like to try to “be better” at saying no? Name the body sensation.

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**4.** If you stopped trying to override the script and only observed it — for one day — what are you afraid would happen?

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**5.** What do you lose by staying in the fight? What would you gain by stepping out of it?

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CHAPTER 9

## The One Question

*This is the practice.*

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***Is this yes mine, or is it the script?***

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1. Ask the question about the most recent yes you gave. What was the honest answer?

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2. Ask the question about the next yes you are about to give. What is the honest answer?
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**3.** In which relationship is the answer most consistently “script”?

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**4.** In which relationship is the answer most consistently “mine”?

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**5.** What changes in your life if you ask this question once per day for thirty days?

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CHAPTER 10

**Sovereignty, Not Rebellion**

*This is where freedom is already present.*

1. What are you projecting that does not match what you are carrying?

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2. Who in your life feels the gap, even if they have never named it?

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3. What would it mean to stop performing composure and let the wing respond to what is actually true?
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**4.** Where in your life are you rebelling against the script instead of being free of it? (Aggression dressed as boundaries.)

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**5.** What does sovereignty look like for you, specifically — not a principle, a scene.

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CHAPTER 11

**The Honest No**

*This is where the shift begins.*

1. What request, asked of you most often, is the right place to start practicing the pause?

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2. Which of these sentences are you most willing to say: "That doesn't work for me." / "I need more time." / "Not right now." / "No."

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3. What over-explanation do you habitually use to soften a no? Write it down. Then strike it through.
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**4.** Who in your life needs the shortest version of your no?

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**5.** For the next 24 hours: where will you insert the three breaths?

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CHAPTER 12

## The Reclaimed Life

*This is where it matters most.*

1. Name a relationship that is organized around your compliance. What do you predict happens when the compliance ends?

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2. Name a relationship that would survive — and deepen — if you showed up as yourself.

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3. What are you most afraid of losing if the script stops running?

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**4.** What are you most afraid of discovering is possible if the script stops running?

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**5.** Write one sentence describing the life you would choose — if you were choosing.

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***Come back to these pages.***

*The answers will change.*

*That is the point.*