

THE INVISIBLE SCRIPT FRAMEWORK

— the practice on one page —

1. PAUSE

Before any significant response, take one slow breath.

The pause is the whole practice.

2. ASK

Is this yes mine, or is it the script?

Ask it every time. Even when you do not act on the answer.

3. CHECK THE BODY

Not the mind — the body. The body knows first.

YES signal: ease, openness, steady breath.

NO signal: chest tightens, breath shallows, jaw sets, gut sinks.

4. RESPOND

If the body says yes — give it fully.

If the body says no — respond from that truth. Simply.

“That doesn’t work for me.” — “I need more time.”

“Not right now.” — “No.”

No over-explanation. An explanation is a request for permission.

THE ENTIRE PRACTICE

One interaction per day. One question. That is enough.

— Mike Karame | *The Yes That Isn't Yours* —