

Exercise Thirteen

“Yes” to “No” Worksheets

1. Stressors
Activity(ies): Bake cupcakes for end of year picnic Person(s) involved: My child’s classroom mother Emotion: Resentment Response: <u>Yes</u> or No
2. List relationships and prioritize 1. Husband 2. Children 3. Mom 4. Boss 5. ?? I can invest less time in: My son’s classroom mother My co-worker
3. List activities and prioritize 1. Dinner 2. Homework 3. Mom to doctor 4. Book club 5. Line dancing 6. Grocery shopping 7. Baking for school I can get help with: Grocery shopping—ask husband to order online and pick up once a week. I can change or let go of: <u>Baking for school—buy cupcakes from the grocery store.</u>
4. “No” technique to put into place When asked to bake for a school event: “No, I won’t be able to bake but I’d be happy to pick up a dozen of baked goods from the local bakery and drop them off the night before.”