

Yeah-But Decoder Worksheet

This process and worksheet helps dissect and debunk the yeah-buts to reveal what's really going on beneath the surface. Here's are the steps to walk through:

1. What's driving the yeah-but?
2. What's behind the driving force?
3. Do you agree with that driving force?
4. How can you update your perceptions about self-care to combat that yeah-but?
5. Instead of saying, "I can't add in self-care," ask, "How can I integrate self-care?"
6. What would need to be true?
7. What would have to change?
8. Who would need to be involved?