



WHY DO I KEEP SAYING YES?

A quick recognition guide

Notice what may be happening underneath your automatic yes—and why pausing can feel so uncomfortable.

THE POINT IS

Small conscious choices create a different trajectory.

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Do You Say Yes Before Checking with Yourself?

The regret often arrives after the agreement.



You may recognise yourself if you regularly...

- Agree quickly and work out the consequences later
- Feel guilty when somebody is disappointed
- Overexplain when you cannot help
- Say “it’s fine” when it is not fine
- Give beyond your capacity and then feel resentful
- Feel responsible for keeping everybody comfortable

REMEMBER

Your automatic yes may be a protective pattern—not proof that you are weak or indecisive.

REFLECT

When I say yes, do I feel generous—or trapped?



Kindness or People-Pleasing?

The behaviour may look similar; the inner experience is different.

KINDNESS	PEOPLE-PLEASING
I choose freely.	I feel I have no real choice.
I give within my capacity.	I override my limits.
My body feels settled.	My body tightens or retracts.
I can be honest.	I manage their reaction.
I feel generous afterwards.	I feel resentful or depleted.
THE POINT IS <i>Kindness includes your wellbeing. People-pleasing makes it the price of connection.</i>	

Think of one recent yes. What did it feel like in your body?



Practise One Honest Pause

You do not need to move straight from request to answer.

Choose one sentence that feels natural enough to use this week:

- “Let me check what I already have planned.”
- “I need some time to think about that.”
- “I cannot commit to that right now.”
- “I can help with this part, but not all of it.”

REMEMBER

A clear pause is kinder than a resentful yes.

The sentence I will practise:

A situation in which I am likely to need it:

Start with a low-stakes request. The aim is not to say no to everything; it is to stop abandoning yourself before you decide.



Ready to Go Deeper?

The complete resource is waiting for you.



You have now recognised the beginning of the pattern. The full guide will help you understand it more deeply and turn that awareness into practical change.

YOUR NEXT STEP

Enter your first name and email address on this page to receive the complete guide.

Inside Why Do I Keep Saying Yes?

- Why saying yes can become linked to safety and belonging
- Kindness versus people-pleasing
- The expansion and retraction body check
- Ten questions to ask before saying yes
- Boundary sentences and a seven-day challenge

Your guide will be sent directly to your inbox.

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Helping women understand themselves so deeply that they finally feel free to choose differently.

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