Truth or Truth!

90% of people we surveyed feel uneasy saying no. This game helps you notice what makes that hard and where your own voice gets lost.

Answer these questions for yourself, and by the end, you'll have a clearer sense of your patterns and what truly feels right for you.

1. What's the last thing you said yes to when you wanted to say no?

> Example: *I said yes because I didn't want to upset anyone.*

2. If you could redo that moment, what would you have said instead?

> Example: *I would have calmly said no and trusted it was enough.*

3. Whose disappointment are you most afraid of?

> Example: *I'm most afraid of disappointing the people I care about.*

4. What do you believe about people who say no?

> Example: *I believe people who say no value their boundaries.*

5. What's the worst thing you imagine happening if you say no?

> Example: *The worst I imagine is someone thinking less of me.*

6. And what's the most realistic thing that would happen instead?

> Example: *But the most likely outcome is that nothing bad happens at all.*

7. What advice would you give a friend who struggles to say no?

> Example: *I'd tell a friend that their needs matter just as much as anyone else's.*

8. When you say yes instead of no, who are you letting down?

> Example: *When I say yes instead of no, I let myself down first.*

9. What kind of peace do you imagine having if you allowed yourself to say no when you needed to?

> Example: *I imagine feeling lighter, calmer, and more in control.*

10. What's one small "no" you can practice this week?

> Example: *This week, I can practice saying no to something small that doesn't serve me.*