# The Yes That Costs You

Session 05 / Adults 18+ / Recovery Has to Survive Tuesday
Use Sam, a safe optional request, or pass. Keep your pages private. You do not need to disclose recovery or send anything.

**01 Today I choose: fiction / my situation / listening / a pass.**

**02 What would help this topic feel usable today?**

**03 What would I like to practice: a pause / a smaller offer / a clear answer?**

# Sam’s Tuesday

At 4:30 on Tuesday, Sam’s cousin asks for help moving furniture from six to nine that evening. Sam has a planned recovery-support appointment at seven and needs time to eat and travel. The move is a favor, not an emergency or an existing caregiving duty. Sam wants to be useful and starts typing, Sure. Then Sam notices what saying yes would replace.

## The cost check

A yes would replace an existing support appointment and time for food and travel. This request is an optional favor.

## One possible answer

I cannot help tonight. I can offer thirty minutes tomorrow afternoon. The smaller offer belongs here only if Sam can actually do it.

## If the request returns

I hear you. Tonight still will not work. Sam can make a private support plan afterward. The cousin’s approval is not guaranteed.

# Before I Answer

A short check for a safe optional request. Different responsibilities or safety concerns may need appropriate support before you act.

**01 What exactly is being asked: time, travel, energy, money, or something else? What do I need to check?**

**02 What would my yes displace? What responsibility or commitment still needs attention?**

**03 What can I honestly offer: yes as asked / a pause / a smaller option / a decline? Why does it fit?**

# The request and my actual life

Use Sam or a safe optional request. You do not need to reveal appointment details, your workplace, or the other person’s name.

**01 The request, in plain facts:**

**02 What I need to protect or arrange, including care and responsibilities:**

**03 What consequences or safety concerns would I need help thinking through?**

# My answer and follow-through

Choose words that fit your actual situation. A smaller offer is optional. A pause needs a realistic time to answer.

**01 My answer, in exact words:**

**02 If they ask again, my calm response or safer next step is:**

**03 What will I follow through on? When? What support might I need afterward?**

# Practice the answer

Choose a willing partner or work privately. Use fiction or a low-stakes example. No hostile pressure, real call or performance.

**01 My first version:**

**02 One thing my listener or I noticed about clarity, promises, or responsibilities:**

**03 My revised version:**

# The unsent answer

Alternative to pair practice. Write, draw, or map a request, a check, and an honest answer. If you already know the answer, a pause is optional. You do not have to send or share it.

**01 My fictional exchange, sketch, or draft:**

**02 What does it protect? What promise, handoff or support still needs attention?**

# After the answer

Optional follow-up. Guilt, relief, or pushback does not tell the whole story. Review the facts and responsibilities. For unsafe situations, seek appropriate private support rather than testing a confrontation script.

## Progress is progress

Checking before the next yes can count. So can correcting a promise honestly.
www.progresscounselingprograms.com

**01 What did I check, say, or practice? What happened?**

**02 What needs follow-through or adjustment? What support would help?**