

## Why do I say yes all the goddamn time? (a quiz)

**Your boss offers you a promotion that comes with more responsibility and a better title, but no additional pay. You take it without arguing because:**

- a) I'd hate to seem ungrateful.
- b) I really want those new business cards. I'll work on the raise next.
- c) If I hold out for more money, my boss might change their mind about the whole thing.
- d) If they could have given me a raise, they would have, right? I assume it's just not possible.

**Your friend asks you to be their date to a super fancy, exclusive event. TONIGHT. You don't want to go, but you say yes because:**

- a) I don't want my friend to get stuck going alone.
- b) I guess it's not that hard to add a party to my schedule. (Plus get a quick haircut on my lunch break.)

- c) Someday I *am* going to want to go to one of these fancy parties, and if I say no for tonight, I may never get another invite.
- d) My arm is easily twisted.

**Your coworker asks you to pitch in on something on short notice, because they failed to get it done on time. You're annoyed, but you say yes because:**

- a) I always try to be helpful.
- b) This is what I do. I get shit done when other people can't.
- c) What if I need *their* help someday? What then?!
- d) I don't know, I feel weird about calling them out.

**Your kid's teacher is looking for a last-minute field trip chaperone. You don't really have time to do it on top of all your other responsibilities, but you say yes anyway because:**

- a) I hate leaving people in the lurch.
- b) I can work it out; it'll just take a bunch of rearranging.
- c) I'm worried I'll regret not going the minute I see some other parent Instagramming my kid at the science museum. (Even though we've already been there as a family. Twice.)
- d) I don't know. The teacher asked nicely?

**A valuable but demanding client asks you to complete a huge project on a ridiculously tight deadline. You know it will be painful, but you agree because:**

- a) I want to keep them happy.

- b) “Ridiculously tight deadline” is my middle name.
- c) If I push back on the timeline and they give this project to someone else, I could lose them as a client completely.
- d) I’ve never said no to them in the past so I feel like I can’t start now.

**One of your friends always expects you to be there to deal with the fallout from their bad decisions, and they’re currently experiencing their third meltdown in as many weeks. You’re really busy and tempted to let this latest call go to voicemail, but you answer it because:**

- a) I feel guilty not picking up.
- b) I want to be the kind of person who always has time for my friends no matter how busy I am.
- c) If I don’t answer and talk some sense into them, what if I could have finally put a stop to all this madness and didn’t?
- d) It’s easier to take these calls than to explain to my friend why it would be great to get fewer of these calls.

**Your coworkers invite you to socialize after work. You’re exhausted, but you say yes because:**

- a) I don’t want them to think I dislike them (even if I do).
- b) Sleep is for the weak!
- c) It *could* be a good networking opportunity.
- d) They’ll just keep asking until I cave anyway.

**Your parents decide they want to do a family trip to the Grand Canyon. You had intended to use your vacation days (and budget) on something else this year, but you say yes because:**

- a) I don't want to hurt their feelings.
- b) Maybe I can do both if I work overtime and plan carefully.
- c) What if this is my last chance to do a trip like this with my parents before they get too old to travel?
- d) I feel like I have no choice when it comes to family.

## Why do I say yes all the goddamn time? (the results)

**If you got mostly A's...** you're a People-Pleaser

**If you got mostly B's...** you're an Overachiever

**If you got mostly C's...** you've got serious FOMO

**If you got mostly D's...** you're a Pushover

**And if you got a healthy mix of most of the letters...** you need this book more than the cast of *The Departed* needed a better dialect coach. No worries. Unlike Martin Sheen's Boston accent, this is totally normal.