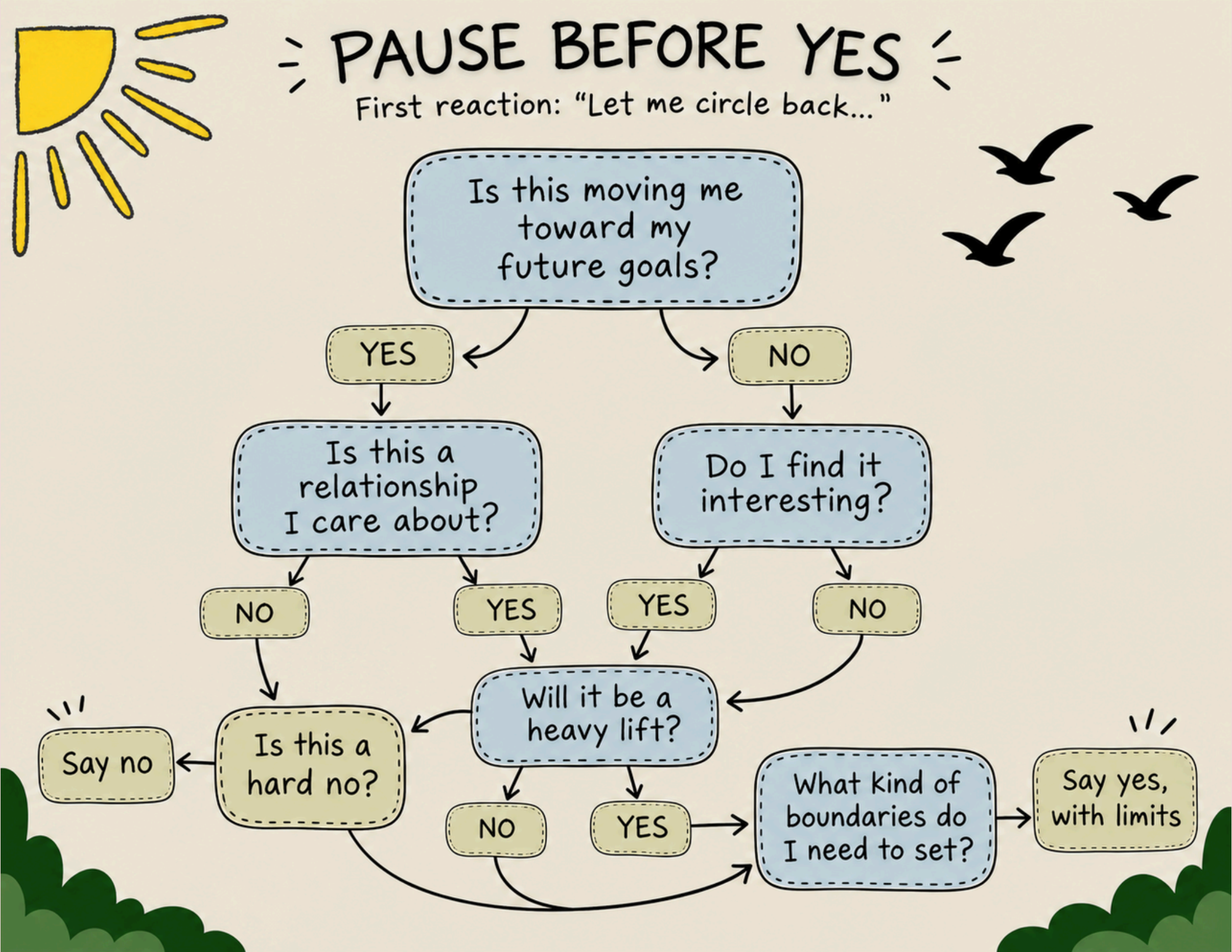
PAUSE BEFORE YES
First reaction: "Let me circle back..."
Is this moving me toward my future goals?
YES
NO
Is this a relationship I care about?
Do I find it interesting?
NO
YES
YES
NO
Will it be a heavy lift?
Say no
Is this a hard no?
NO
YES
What kind of boundaries do I need to set?
Say yes, with limits

PAUSE BEFORE YES

First reaction: “ _____ ”

