

YEAH, BUT...

The “Yeah, But” homework is designed to find all the things you believe are in the way of whatever it is you want.

Start with a notepad of any kind - you’ll likely be using a few pages of it.

Divide it in two with a vertical line down the middle.

On the left side, you’ll be writing (and repeating) a **juicy** affirmation or statement about what you want to be, do, have, or achieve. By “juicy”, I mean audacious, big, and clear.

For instance, if love is what you want, and you are single, you might write “I am going to meet and fall in love with an amazing person!”

Then, just wait. Your mind will respond to what you’ve written. It will provide a “Yeah, but”. Like “Yeah, but you’re too old to fall in love”. In the right hand column, write down “You’re too old to fall in love”.

In the left hand column, write your affirmation again. Wait for another Yeah, But to arrive and write that in the right hand column. Don’t bother with repeats, but do write everything unique that comes out, whether it is small or large, whether it represents what you think is “real” versus “imaginary” as a reason.

Repeat this process until you exhaust all unique Yeah, Buts. Then write your affirmation one more time.

What you’ll see in front of you is all the reasons, beliefs, fears, and limitations that you may need to get past to have what you affirmed you wanted.

Getting rid of individual Yeah, Buts may require different tools and methods. That’s often where therapy comes in. Some can be erased and released quite easily!

