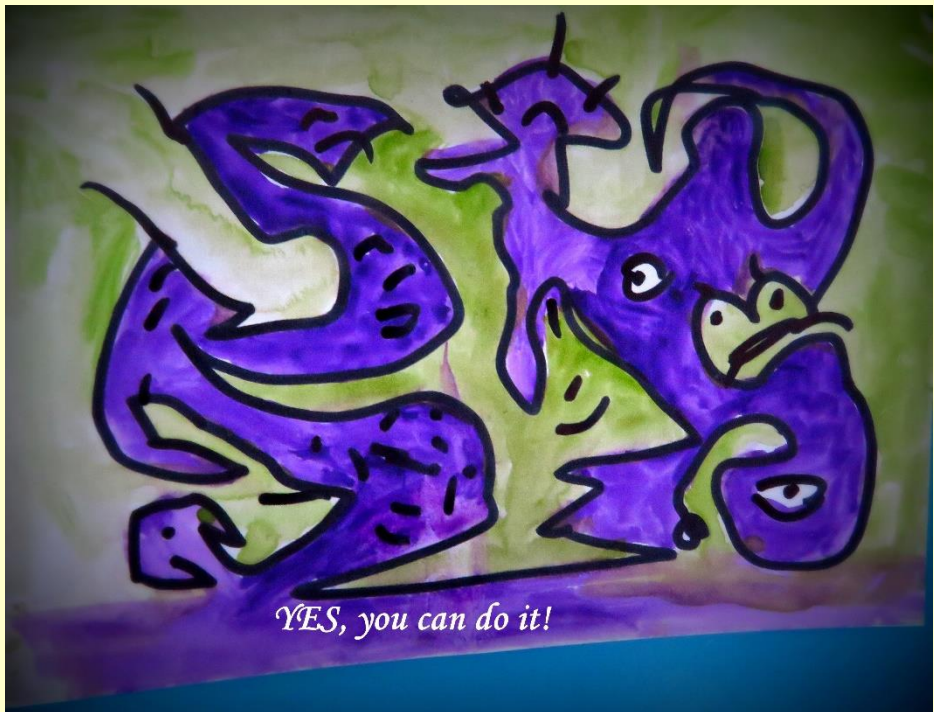


Saying Yes to No

How to get out of the victim role!



26 Inspiration Cards With Yes or No

Daily life guidance

tinevanwijk.nl

The Power Triangle: Rescuer – Victim - Prosecutor

To survive we become someone who says "yes" more easily than "no" or someone who says "no" rather than "yes" or we say "yes but.. and no but..."

A 'yes person' can all her/his life be busy proving how smart, understanding, reliable, funny, charming, and so on he is. But this does not get him the kind of love and attention he needs, because people become jealous or irritated or feel rejected and neglected (rescuer). In the meantime a "yes person" can be annoyed by people who ask for his attention (victim role) and nevertheless say "No" to him by being angry, because he did not get the attention he was really longing for. (prosecutor). This is how compliant "yes people" become victims of the defiant ones who rather say No. It means that one behavioral option lands in the trap of the other and both can become prosecutors.

The Battle for Power

If we can't say wholeheartedly Yes or No and hear ourselves say Yes but or No but, we will land constantly in the battle for power. It is not easy to get out of the roles of the victim, the rescuer or the prosecutor, because we all have a need that is driving us: getting attention for who we really are. We long to be seen and heard and think we will be if we are right. But being right is rather personal. What for me is right can be wrong for you, as I look from my perspective and you look from yours. In my experience the only way to step out of the battle for power is to bow our heads, feel what we need and ask for IT. We can only be accepted as we are if we know who we are and accept that we are who we are. It is an exciting journey, that takes a life time to discover. The Yes No cards can guide us daily to explore. In my book *Turning Points* you are guided to deeper levels. If you are interested I can send you a PDF plus 77 Inspiration cards. Or you can contact me: info@tinevanwijk.nl for a personal consult.

*No, not
good enough*





Yes, you are special

*No, you are
not free*





Yes, take the risk.

No, it is too late





Yes. life hurts

No, you need
silence

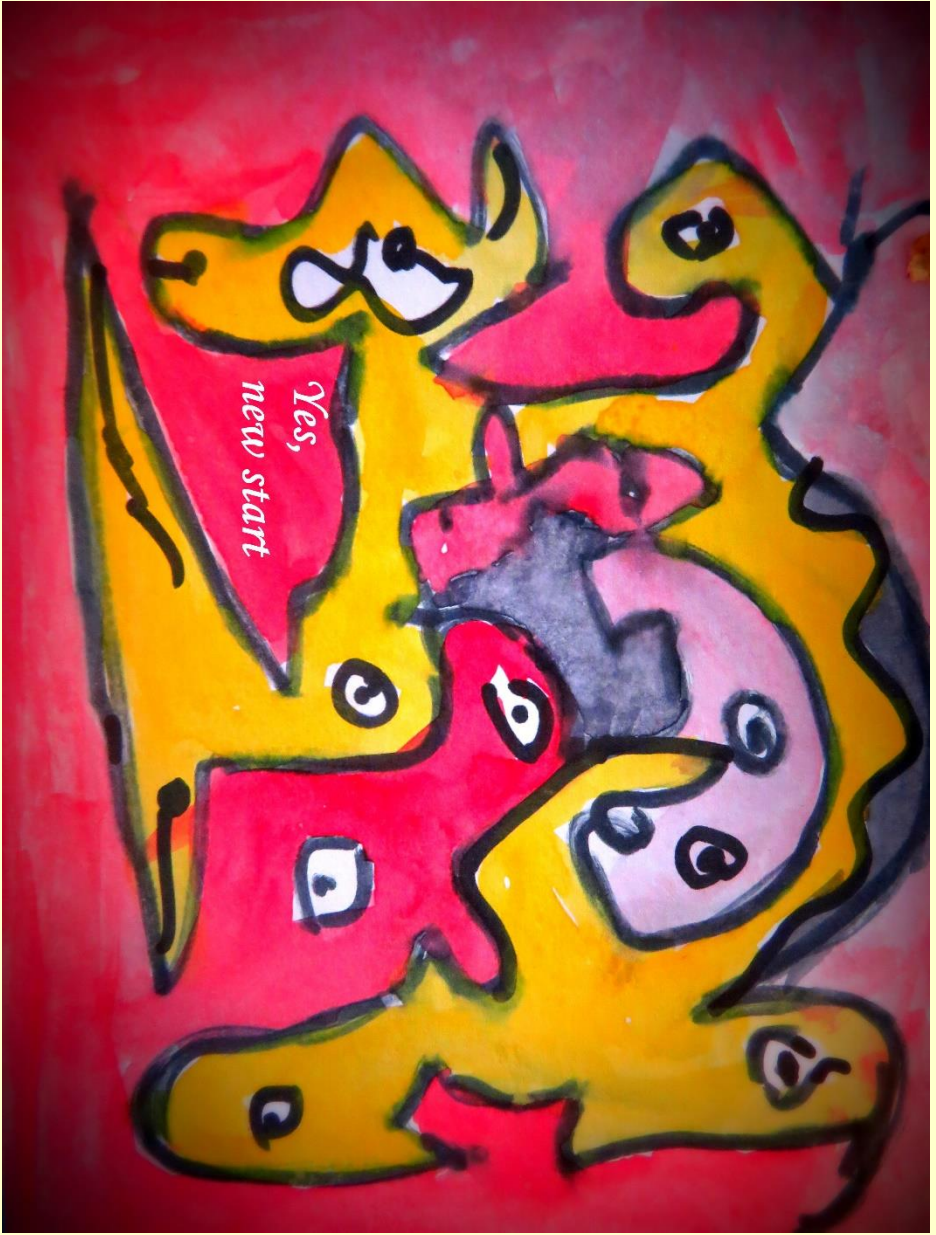




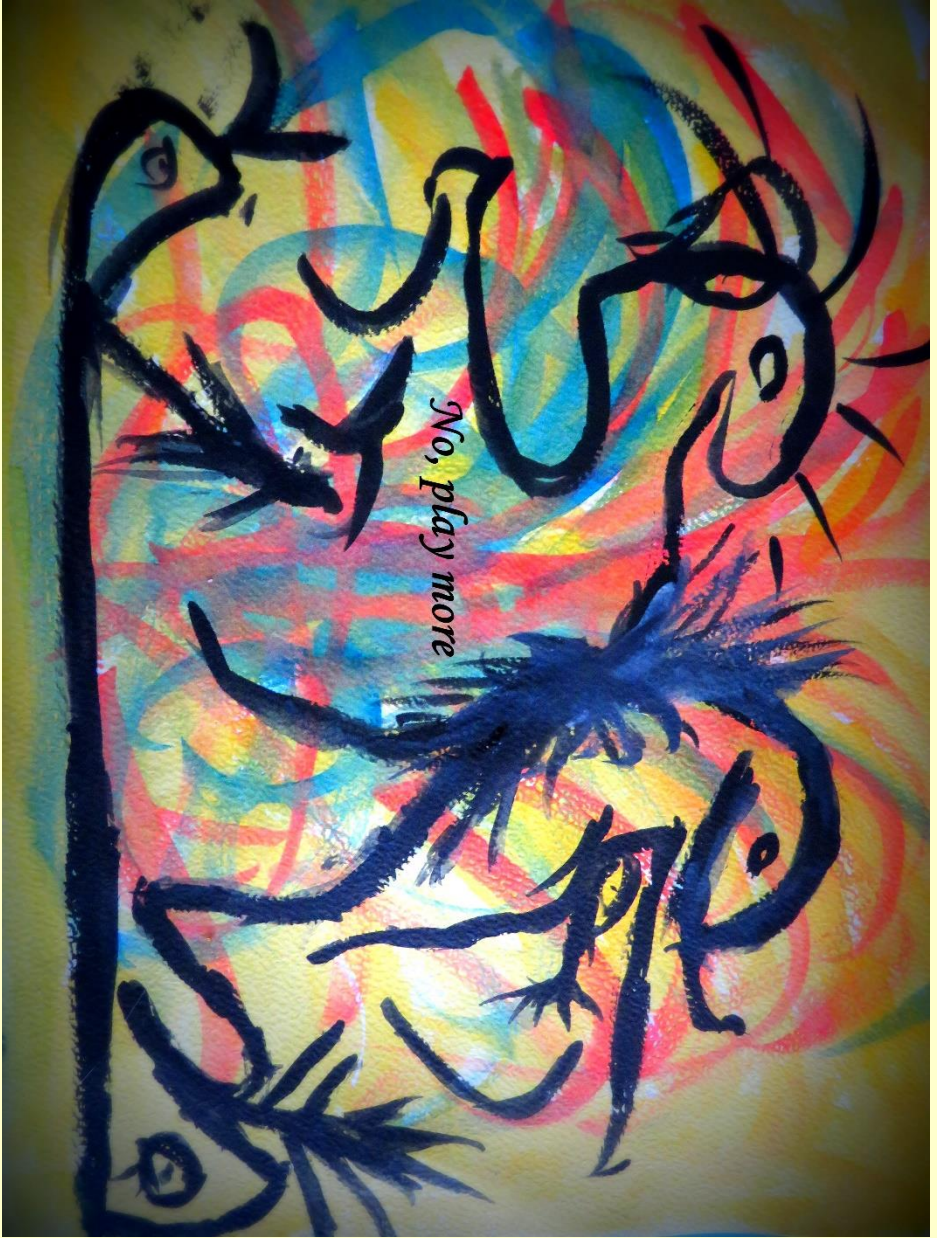
Yes, it is easy

No, you need warmth





*Yes,
new start*



No, play more



Yes,
you are angry

No, you need attention for you





Yes, you are an artist

No, you
are not
guilty





Yes, trust



No, not safe



Yes, you belong



*No, support
is needed*

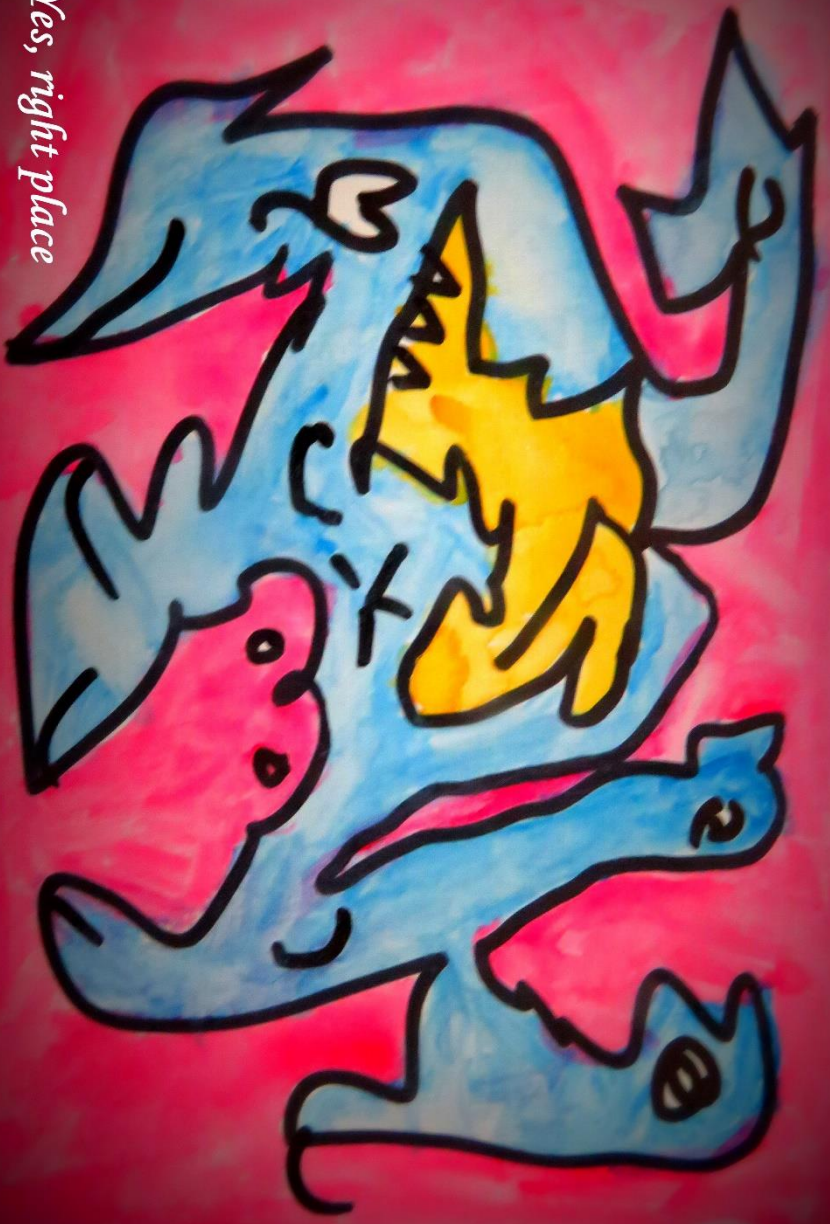
YES, you can do it!





No, be careful

Yes, right place



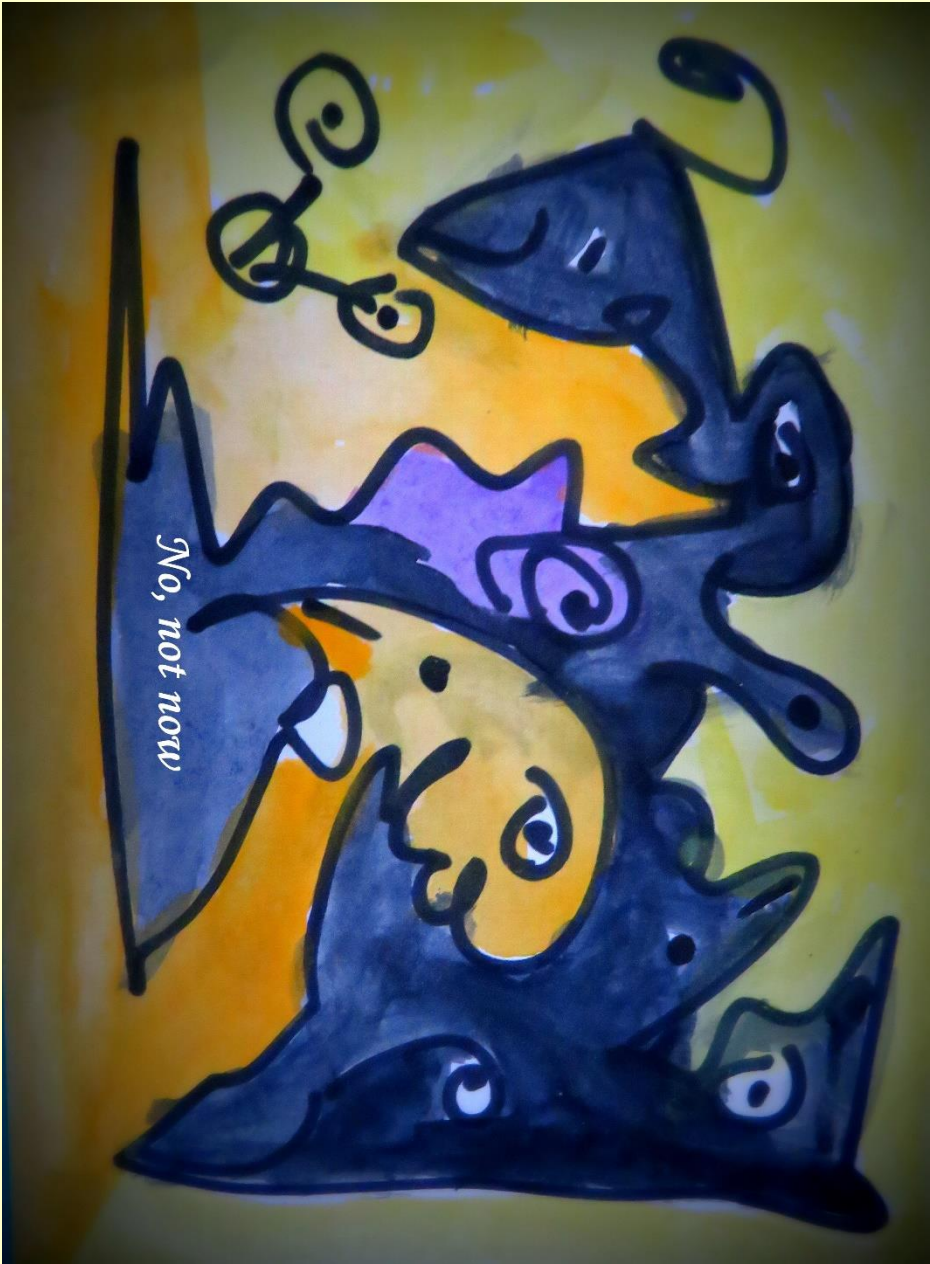




Yes, do not doubt

Yes, be proud





No, not now