**Yes and No!**

**But let your words be yes, yes, and no, no;**

**for anything which adds to these is a deception.**

***(St. Matthew 5:37)***

**In Albania, a nodding head means no, shaking means yes. *(World Features Syndicate)***

**When we open to our anger, we find that it contains much more than mere aggression. Often we discover a genuine “no” that we have been afraid to acknowledge or communicate directly. Recognizing this can be a very positive step, for every genuine no also implies a genuine yes. Saying no to dishonesty, for instance, implies saying yes to truth. But when we fail to recognize our no, we usually have a hard time declaring our yes. We remain mired in a negative identity as complainer, critic, rebel or tyrant. So if a man finds himself angrily attacking his partner, he might ask himself, “What is the genuine no I am failing to see?” It might be, for example, “I don't want you to act like a little girl with me.” Acknowledging this, instead of acting out his aggression, clears the way for him to express his genuine yes: “I want to relate to you man-to-woman, in a full-bodied, powerful way.” *(John Welwood, in Love and Awakening)***

**Dennis says to his friend: "Mr. Wilson has an answer for everything, and it's always 'No.'" *(Hank Ketcham, in Dennis the Menace comic strip)***

**One half of the troubles in the world can be traced to saying "yes" too quickly and not saying "no" soon enough. *(Josh Billings, humorist)***

***Mom*: “Zoe, did you brush your teeth?” Zoe: “Yes and no.” Mom: “Yes and no? What do you mean yes and no?” Zoe: “Yes, if you’re not going to feel my toothbrush, and no if you are.” *(Rick Kirkman & Jerry Scott, in Baby Blues comic strip)***

**Charm is a way of getting the answer “yes” without asking a clear question. *(Albert Camus)***

**A farmer was trying to get a loan from a banker when their conversation was interrupted by a telephone call. The barber listened for a while and then said “No.” He said “No” about five times and ended the call by saying “Yes.” “What did that feller say that made you change your mind and answer ‘Yes’?” asked the farmer. “I don’t change my mind,” the banker replied. “He wanted to know if my final answer was no.” *(Bits & Pieces)***

**Cynics always say no. Saying yes leads to knowledge. So for as long as you have the strength to, say yes. *(Stephen Colbert)***

**Approaching a passer-by, a street person asked, “Sir, would you give me a hundred dollars for a cup of coffee?” “That’s ridiculous!” the man replied. “Just a yes or no, fella,” the beggar growled. “I don’t need a lecture about how to run my business.” *(Playboy)***

**The difference between a yes and a no is an idea. *(Wallace Duke)***

**The dog is a yes-animal, very popular with people who can’t afford to keep a yes-man. *(Robertson Davies)***

**I have enjoyed life a lot more by saying yes than by saying no. *(Richard Branson, in The New York Times Magazine)***

**Say yes, and you'll figure it out afterward. *(Tina Fey)***

**We often think that when God closes a door, that is his final answer. We put a period where God puts a comma. We think it's a "no," but it's really a "not yet." *(Mark Batterson, in How to Hear the Voice of God)***

**A THOUGHT TO REMEMBER: Horse sense is stable thinking coupled with the ability to say nay. *(Reminisce Extra magazine)***

**Husband: “I had a huge lunch today! What about you?” Wife: “I had half a protein bar and a handful of grapes as I was pushing out of the house to get my errands run so I could get home and cook your dinner.” Husband: “So that’s a ‘no’?” Wife: “I’d say it’s more of a ‘you owe me’.” (*Rick Kirkman & Jerry Scott, in Baby Blues comic strip)***

**When I was upstairs one evening talking on the phone, my three-year-old daughter ran into the room asking if she could have some ice cream. "Go downstairs until I get off the phone," I told her. As she ran down the stairs I heard her yell, "Dad, Mom said yes!" *(Pam Post, in Reader's Digest)***

**Sign on a loan company door: “No Smoking, No Soliciting, No Public Restrooms.” Sign on its window: “We love to say yes!” *(Judy Fuquay, in Reader’s Digest)***

**Life is just a big extended improvisation. Embrace the ever-changing, ever-evolving world with the best rule I've ever found: Say "Yes and ..." *(Jane Lynch)***

**Dolly says to Billy: "When Mommy says 'maybe,' it means her brain is stuck between a 'yes' and a 'no'." (*Bil Keane, in The Family Circus comic strip)***

**Someone has said that those who are mentally and emotionally healthy are those who have learned when to say Yes, when to say No, and when to say Whoopee! ( Dr. Willard S. Krabill)**

**The next time you hear yourself say "Yeah, but ...," ask yourself if you're describing a genuine obstacle that cannot be circumnavigated. If not, do exactly what your Yeah-but says you shouldn't." (Martha Beck, life coach)**

**The ouija board’s name comes from combining the French and German words for “yes.” *(Russ Edwards & Jack Kreismer, in The Bathroom Trivia Digest, p. 94)***

**It doesn't matter if a million people tell you what you can't do, or if ten million tell you no. If you get a yes from God that's all you need. *(Tyler Perry, playwright, actor and film director)***

**Politician to colleague: "What's a good word that sounds like 'yes' but more or less means 'no'?" *(Morrie Brickman, King Features)***

**Mary Lou Smith is known as the Queen of the Conch. The 70-year-old has been joyously blasting the large pink shall at weddings and parties on Key West, Florida, for nearly two decades and has won the island's annual conch-blowing contest several times. But Smith's shell talent inspired a particularly special moment this week when, shortly after she won this year's women's division contest, her beau, Rick Race, 73, jumped onstage, got down on one knee, and proposed. It took Smith a moment to gather her thoughts. "I didn't know what to say, so I blew the conch," she says. "Then, I said yes." *(The Week magazine, March 16, 2018)***

**Ronald Reagan asked to use “Born in the U.S.A.” for his 1984 campaign song. Bruce Springsteen said no. (*Uncle John’s Bathroom Reader: Wise Up!, p. 256)***

**In a world full of no, we're a plane full of yes. *(Southwest Airlines)***

**Little girl: “Daddy, can I get that big vase thing please?” Daddy: “Well, it costs $800, it wouldn’t fit in our house, it wouldn’t fit in our yard, it’s ugly almost beyond belief, and if we tried to load it on the van, the van would be flattened like a pancake.” Little girl: “So, yes?” *(Richard Thompson, in Col De Sac comic strip)***

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