

A short course in self-honesty

Underneath the No.

A micro-avoidance and a life lesson look identical from the outside — both end with you not doing the thing. The difference is underneath.

“No.”

TAP TO SEE WHAT'S UNDERNEATH

Over the next few minutes you'll learn five tests that tell them apart — and run one real situation of your own through each.

Prefer pen and paper?

A printable 4-page reflection workbook with the same five tests.

[Download workbook](#)

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