

# Claiming Your Inner Fuck Yes, No, and Maybe

**Sacred Middle Finger Moments**



***A Body-Led Framework for  
Knowing What's True***

**NORA YOLLES YOUNG**



# Opening INVITATION

Before you answer... feel.

You've been taught to decide from your mind.

**This is an invitation to remember how your  
body already knows.**

*Your Yes opens.  
Your No protects.  
Your Maybe pauses.*

You don't need more information.  
**You need more honesty.**

**Nora**YollesYoung

# How to USE THIS

## **Read slowly.**

Pause between prompts.

Notice your body before you answer.

## **Pay attention to:**

your breath

your chest

your gut

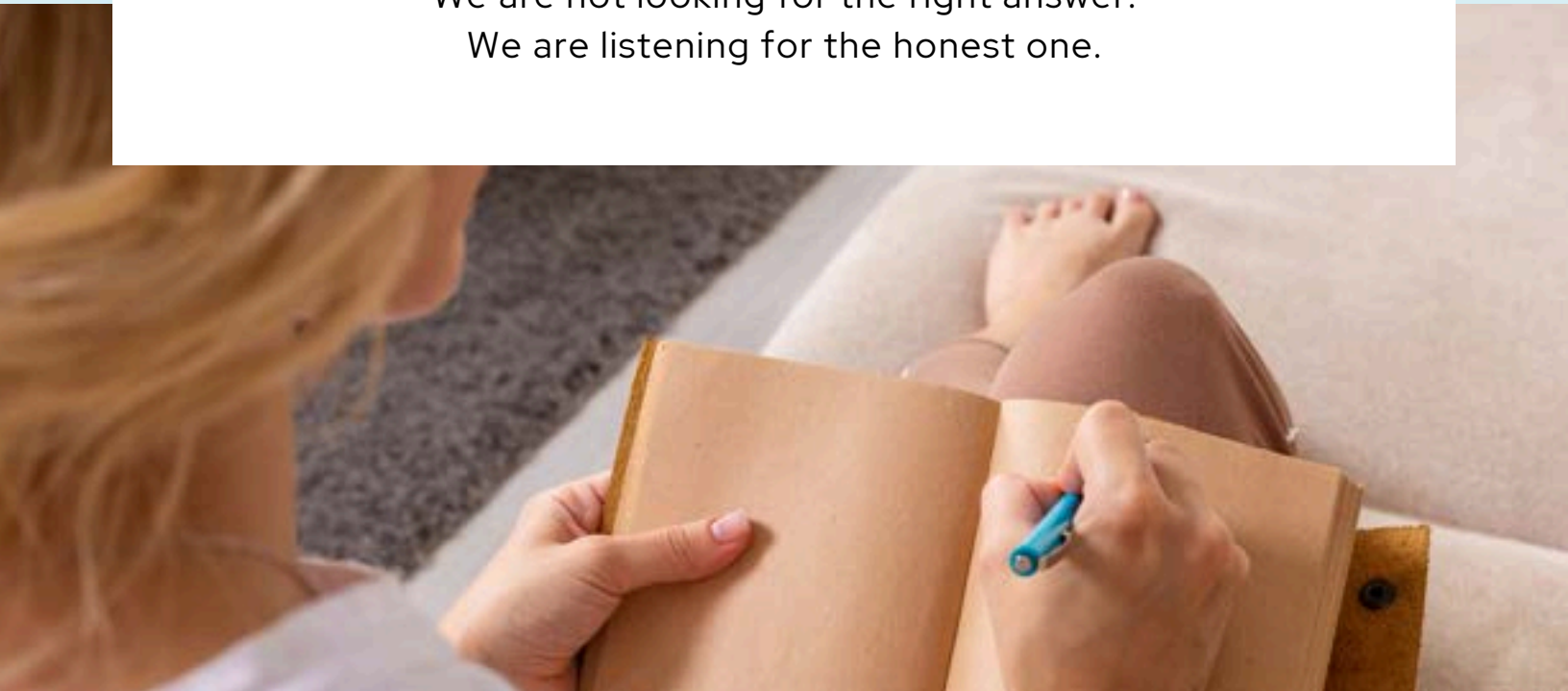
your throat

Write what's true.

Not what sounds good.

We are not looking for the right answer.

We are listening for the honest one.



# The **FUCK** Yes!

## INTRO



Your Yes doesn't push.  
**It opens.**

It feels like expansion.  
Like space.

**Like a quiet sense of "of course."**

*It is not urgency.  
It is not pressure.*

**It is a knowing you don't have to argue with.**

# The **FUCK** Yes! REFLECTION

When was the last time I felt a full-bodied yes?

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What did it feel like in my body?

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Did I follow it... or override it?

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# The **FUCK** Yes! PRACTICE

**Think of something in your life right now that might be a Yes.**

What happens in my body when I consider this?

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If I didn't need permission, what would I choose?

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# The **FUCK** No!

## INTRO



**Your No is not rejection.**

It is self-respect in motion.

*It feels like contraction.*

*Tightness.*

*Heaviness.*

**It is the place where your body says:**

**Fuck THIS!**

# The **FUCK** No! REFLECTION

Where am I saying yes... but feeling no?

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What am I afraid will happen if I honor my no?

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What has it cost me to ignore it?

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# The **FUCK** No! PRACTICE

**Bring to mind something you're tolerating.**

Where do I feel this in my body?

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If my body could speak, what would it say?

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If I'm honest, my No is:

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# The **FUCK** Maybe!

## INTRO



**Maybe is not confusion.**

*It is space.*

It is information that has not fully surfaced yet.

It does not need to be rushed.

# The **FUCK** Maybe! REFLECTION

What feels unclear here?

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Am I rushing myself to decide?

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What would create more clarity?

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# The **FUCK** Maybe! PRACTICE

What happens if I give this more time?

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What am I not ready to see yet?

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# Pattern AWARENESS

## Where I Override Myself

I override my Yes when...

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I ignore my No when...

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I rush my Maybe when...

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The pattern I'm ready to break is:

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# Resonance Section

## YOUR CUSTOM PIECE



### **Sacred Middle Finger Moments in Resonance**

When you listen to your body as a sacred data point...  
before you reach for outside opinions or expectations...  
something shifts.

You begin to break free from the rules you didn't even realize you  
were following.

*Your body is not reacting.  
It is informing.*

And when you trust what you feel...  
before you override it...

your knowing becomes your first source.  
Not your last resort.

**This is the beginning of self-trust.  
This is where truth becomes lived.**

# Resonance INTEGRATION

## What I'm Learning to Trust

Where have I been looking outside myself for answers I already feel?

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What does my body already know... that I haven't been honoring?

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Knowing thyself is not a concept.

**It is a practice of listening... and choosing.**

# Sacred

## MIDDLE FINGER MOMENT

**Where in my life am I being asked to tell the truth... and I haven't yet?**

What is the truth?

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What am I afraid of?

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What would honoring myself look like here?

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# In the Moment

## TOOL



### **In the Moment**

**When something feels off:**

*Pause*

*Breathe*

Ask: Is this a Yes, No, or Maybe?

Check your body before your mind

**Respond from truth**



# Closing PAGE

**This is the work.**  
And you're already in it.

If you resonate with this work and want to dive all the way in, I invite you to explore working with me 1:1 at

[norayollesyoung.com](http://norayollesyoung.com)



**NoraYollesYoung**