

# People Pleasing Isn't Who You Are

## A Reflection Guide for Episode 1: Forget People Pleasing

Simply capture your thoughts in a favorite journal

People pleasing isn't a personality trait. It's not a character flaw. And it's not who God created you to be. For many women, people pleasing developed as a way to stay safe, connected, or loved. This reflection guide is an invitation to slow down, listen inward, and gently begin releasing what no longer serves you without shame or pressure.

"Then you will know the truth, and the truth will set you free."  
John 8:32

### 1. **Becoming Aware:** Before change comes awareness.

- In what situations do you most often say yes when you want to say no?
- Who do you feel responsible for keeping happy or comfortable?
- When was the last time you agreed to something and later felt resentment, exhaustion, or regret?

"Search me, God, and know my heart... see if there is any offensive way in me, and lead me in the way everlasting."  
Psalm 139:23-24

### 2. **The Emotional Cost:** People pleasing always has a cost even when your intentions are good.

- What emotions show up when you over-give? (resentment, anxiety, guilt, sadness, numbness, exhaustion)
- How does people pleasing affect your peace, joy, or energy?
- What do you lose when your needs go unmet?

"Hope deferred makes the heart sick."  
Proverbs 13:12

### 3. **The Pattern Beneath the Behavior:** People pleasing didn't come out of nowhere.

- What did you learn growing up about love, approval, or conflict?
- Were you praised for being "easy," "helpful," or "the strong one"?
- How might people pleasing have helped you feel safe or accepted earlier in life?

"Train up a child in the way he should go..."  
Proverbs 22:6  
(We carry what we were taught — even when it no longer fits.)

**4. Faith & Fear:** Many Christian women confuse people pleasing with love or service.

- When you say yes, are you choosing from love — or fear of rejection?
- Have you ever felt guilty for setting boundaries?
- How has people pleasing shaped your relationship with God?

“For God has not given us a spirit of fear, but of power, love, and self-control.”  
2 Timothy 1:7

**5. A Gentle Shift:** You don't have to change everything today.  
This week, simply pause before responding and ask:

- Am I choosing this freely?
- Will I feel resentment later?
- Does this align with who God is shaping me to be?

“Above all else, guard your heart, for everything you do flows from it.”  
Proverbs 4:23

### **A Prayer for the Journey**

God, help me see where I learned to give myself away to be loved.  
Teach me how to love without losing myself.  
Give me courage to live honestly and kindly.  
Heal the parts of me that learned love had to be earned.  
Amen.

## **Next Steps:**

If this reflection stirred something in you I  
invite you to my free workshop:

### **The Cost of People Pleasing**

What It's Really Costing You and  
How to Start Letting Go



[Rhondamorales.com/workshop](https://Rhondamorales.com/workshop)

