

People Pleasing Isn't Who You Are

A Reflection Guide for Episode 2: Why People Pleasing Leads to Resentment

Simply capture your thoughts in a favorite journal

This reflection guide is designed to help you understand resentment, not judge it. Resentment is often the voice of a need that went unheard for too long.

"Be completely humble and gentle; be patient, bearing with one another in love."
Ephesians 4:2

(Patience does not mean abandoning yourself.)

1. **Noticing Resentment:** Resentment often whispers before it shouts.

- When do you feel irritation, bitterness, or emotional withdrawal?
- Who or what tends to trigger resentment in you?
- What situations leave you feeling drained or taken for granted?

2. **What Was Ignored?** Resentment points to something unspoken.

- What did you agree to that you didn't truly want to do?
- What boundary might you have needed but didn't set?
- What were you hoping someone would notice without you having to say it?

"Let your yes be yes, and your no be no."
Matthew 5:37

3. **The Emotional Pattern:** Many women learned early to put themselves last

- Growing up, how were your needs handled?
- Were you encouraged to speak up or stay quiet?
- How might people pleasing have helped you stay included in the past?

4. **Faith & Truth:** Resentment often grows where honesty feels unsafe.

- Do you equate being loving with never disappointing others?
- How does fear of conflict affect your faith or prayer life?
- What might God be inviting you to speak honestly about?

“Speak the truth to one another.”
Zechariah 8:16

5. **A Gentle Shift:** This week, don't try to eliminate resentment. Simply get curious about it. Ask yourself:

- What is this feeling trying to protect?
- What do I need right now?
- What would honesty look like here?

A Prayer

God, help me listen to what my resentment is trying to tell me.
Give me courage to honor my limits and speak truth with love.
Teach me how to give freely without losing myself.
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

