

OVERCOMING THE DISEASE TO PLEASE



CONTENTS

LESSON 1 – ARE YOU A PEOPLE PLEASER

LESSON 2 – WHERE DOES THE PEOPLE PLEASING
HABIT COME FROM?

OVERCOMING THE DISEASE TO PLEASE TIP 1

OVERCOMING THE DISEASE TO PLEASE TIP 2

OVERCOMING THE DISEASE TO PLEASE TIP 3

OVERCOMING THE DISEASE TO PLEASE TIP 4

OVERCOMING THE DISEASE TO PLEASE TIP 5

OVERCOMING THE DISEASE TO PLEASE TIP 6

OVERCOMING THE DISEASE TO PLEASE TIP 7

OVERCOMING THE DISEASE TO PLEASE TIP 8

OVERCOMING THE DISEASE TO PLEASE TIP 9

OVERCOMING THE DISEASE TO PLEASE TIP 10



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FOUNDER OF AMAZING COACHING

With over 19 years' experience, Lisa Phillips is a leading confidence, resilience and well-being facilitator, coach and speaker. Lisa is also a qualified Counsellor.

Lisa founded 'Amazing Coaching' in 2000 while living in Sydney, Australia. Now based in the UK, she works with clients all over the world.

What makes Lisa stand out from other professionals in her field is her leading-edge techniques, engaging personality and the unique style of warmth and vivacity in which she delivers her work. Her high energy, depth of knowledge and great sense of humour builds rapport and trust easily.

Lisa is the author of 'The Confidence Coach' book and her work is regularly featured on TV, Radio and a wide range of business and lifestyle magazines.

She is also a popular enrichment speaker on Celebrity Cruises, Royal Caribbean and Princess Cruises.

Lisa has also won 3 Stevie awards for her work as a coach assisting people with their confidence and emotional wellbeing.

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LESSON 1

ARE YOU A PEOPLE PLEASER?

ARE YOU A PEOPLE PLEASER?

Do you have the disease to please? Do you always want to be seen as a nice person? Do you find it difficult to say no to other people's requests or are you worried about what people think of you?

In this course you'll learn how you can ditch the disease to please and become a more confident and assertive person.

ARE YOU A PEOPLE PLEASER? THE TOP SIGNS:

- ♥ It's really important for you to be seen as a nice person. People pleasers are often worried about what people think and always want to make a good impression
- ♥ A people pleaser tries their hardest to keep everyone around them happy. They tend to focus far more on other people's happiness than their own. Often at their own expense.
- ♥ As a result they turn themselves inside out in order to please others.
- ♥ They usually end up saying yes when they really want to say no and can often feel resentful. They stop themselves speaking up in case they offend anyone.
- ♥ They find it easier to go along with what other people want than what they want.
- ♥ They find it hard to voice their opinion and real feelings.
- ♥ They have weak boundaries and as a result, may be treated like a doormat.



LESSON 2

WHERE DOES THE PEOPLE
PLEASING HABIT COME FROM?

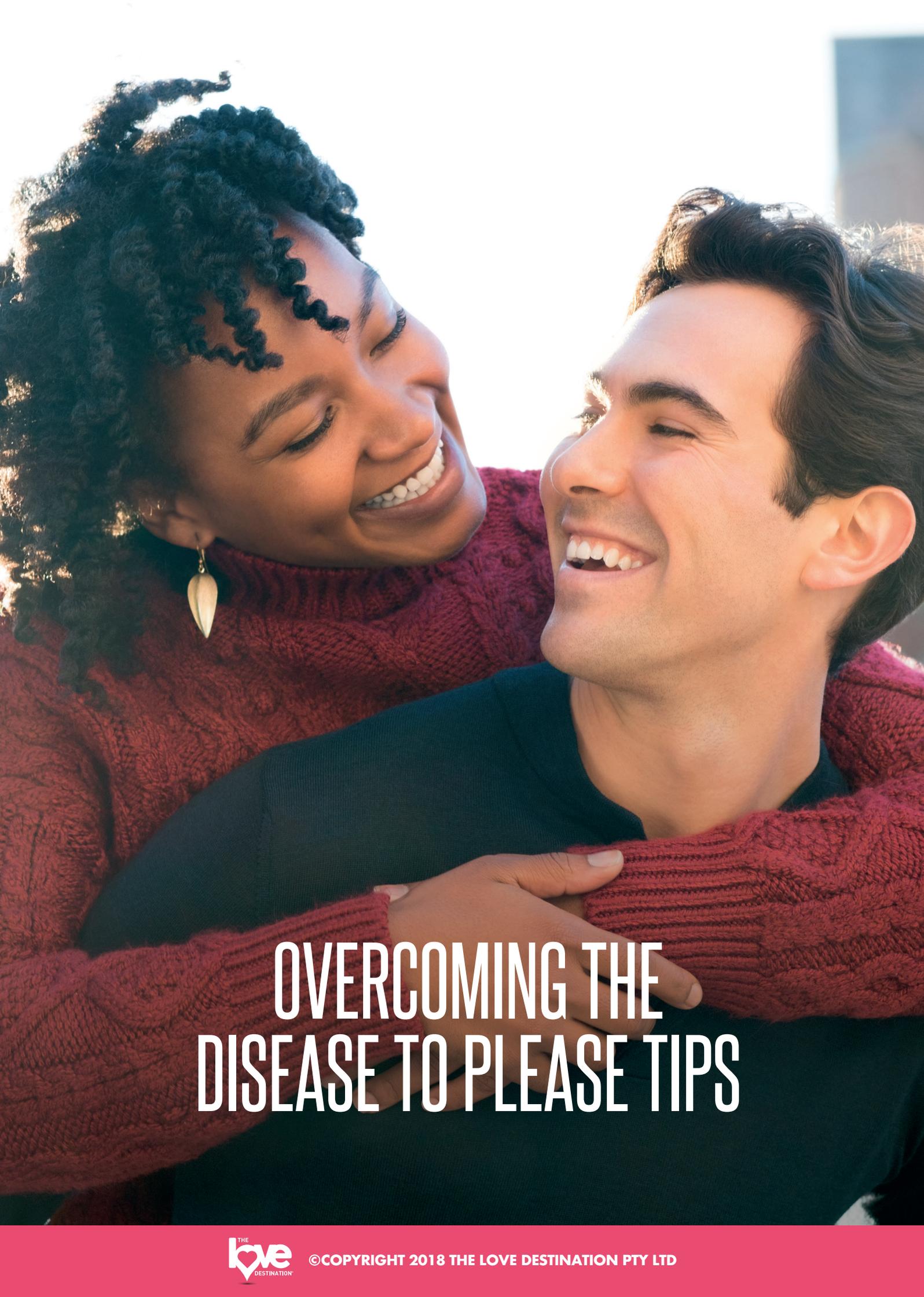
WHERE DOES THE PEOPLE PLEASING HABIT COME FROM?

TRAITS OF A PEOPLE PLEASER:

- ♥ As a child, we want love and approval if don't get it, we can continue to seek for it in adult life. Needing that fix of love and approval to fill the void within us.
- ♥ People pleasing my also come from a deep need to keep others happy in order to avoid conflict and/or anger. This is especially true if were taught from an early age never to upset anyone else. As a result we may believe it our responsibility to keep other people happy at all cost.
- ♥ It can also come from feeling like we have to earn love from other people as a result, we become rescuers and caretakers.

THE REALITY IS PEOPLE PLEASING COMES WITH A HIGH PERSONAL COST TO OURSELVES.

- ♥ We're more focused on others needs that our own. We can neglect our own personal needs, or in some cases, we don't even know what they are.
- ♥ You can end up living your life on other people's terms. What they want for us or believe is good for us.
- ♥ We can end up doing things you don't really want to do and feeling resentful as a result.
- ♥ The good news is that we can all ditch the disease to please share with my top 10 tips for overcoming the disease to please



OVERCOMING THE DISEASE TO PLEASE TIPS

OVERCOMING THE DISEASE TO PLEASE TIP 1

CHANGE YOUR MINDSET

So, how do we start to ditch that disease to please? My first tip is really simple. It's about your mindset. As a people pleaser, we often totally forget that our happiness is really important. Acknowledge that your happiness counts and that it is just as important as other peoples'. Commit to making yourself happy. This means learning to make what makes you happy, a priority for you.

EXERCISE

What or who do you put ahead of your own happiness?

OVERCOMING THE DISEASE TO PLEASE TIP 2

IDENTIFY YOUR HAPPINESS PREFERENCES

My second tip is to identify your own happiness preferences. As people pleasers, we often don't listen to our own bodies, and we can lose touch what makes us happy.

EXERCISE

Think about what you used to do when you were a child. Write a list of your own happiness preferences and please remember, they don't have to be the same as everybody else. You are quite entitled to have your own happiness preferences and they don't have to make other people happy either. So, commit today to writing a list of your own happiness preferences, and then over the next few days commit to doing one a day. Have fun doing this, they don't have to be expensive things. This is about tuning in to your own happiness preferences and then actually committing to doing one thing a day that makes you happy.

What makes you feel good? What are you enjoying doing?

What have you always wanted to do but never done?

OVERCOMING THE DISEASE TO PLEASE TIP 3

TUNE IN TO WHAT YOU WANT AND NEED

How tuned in are you to your own body? To your own feelings, wants and needs? People pleasers are often far more tuned in to other people's feelings than they are their own. So it's time to turn the spotlight on you.

Tuning in is simple. Just check in with yourself on a regular basis and just ask yourself, "What am I feeling right now?" You might even want to name the feeling and say, "You know, I am feeling okay" or "Maybe I am feeling a little bit tired." This might take a little bit of practice, but it is important that you learn to honor and trust your own feelings. So, play with this. Tune into how you are feeling and make that a priority rather than always tuning in to see how other people are feeling.

EXERCISE

How are you feeling right now?

OVERCOMING THE DISEASE TO PLEASE TIP 4

GIVE YOURSELF THE APPROVAL YOU SEEK FROM OTHERS

The next tip for overcoming the disease to please is to start approving of yourself rather than seeking approval from others. We often seek approval and validation from others, rather than giving it to ourselves first. Trying to fill the void that we feel. This is really key because when you learn to approve of yourself, you will no longer be desperate to get it from other people.

EXERCISE

Practice giving yourself approval. Next time you do a good job at work, or cook a delicious meal, give yourself a pat on the back and praise yourself. Sit in it, feel that approval in your body. Know that you've done a good job.

OVERCOMING THE DISEASE TO PLEASE TIP 5

PRACTICE ASSERTIVENESS

Let's talk a little bit about assertiveness. If you are a people pleaser that tends to avoid conflict or perhaps you are really worried about keeping other people happy, it's likely that you're going to suppress your own needs and may find it difficult to say no to unreasonable demands from other people. You may just find yourself doing anything that somebody ask you to do because you fear that they'll get angry or feel disappointed in you.

It's important to learn to say no in a way that feels good for you

Learn to say No in a way that feels OK to you. Assertiveness . I would like to help you right now but it's not possible, Thanks but that doesn't interest me, I will pass on this one, or workplace...I can help with this but it will mean I have to move other deadlines. I will think about it and get back

EXERCISE

What I'd love you to do is get two or three simple assertive statements that you can get comfortable saying.

A FEW OF MY FAVORITE STATEMENTS ARE:

- ♥ "I am going to have to go away and think about that." This is really helpful if you often agree to other people's demands, even when you don't want to.
- ♥ "I am sorry, I hope you get somebody to help you with that, but that doesn't work for me right now."

What assertive statements could you use?

Practice these statements and get comfortable with them and before you know it you'll feel much more comfortable speaking your truth and saying no to other people.

OVERCOMING THE DISEASE TO PLEASE TIP 6

NOTICE WHEN YOU FEEL RESENTFUL

Do you find yourself often feeling resentful or frustrated? This is a sure sign that you've allowed somebody to overstep your or perhaps you are being a little bit of a people pleaser. Have you ever been at that queue at a supermarket and somebody jumps ahead of you? How do you feel? Resentful and angry?

I want you to tune in to that resentment in your body. It's actually a really good sign that perhaps you need to speak up and stop being such a people pleaser. Resentment can actually be quite a useful emotion, particularly if you use it as an emotion you want to avoid. If you often end up saying yes when you really mean no, you are going to struggle resentment. So, you can almost use it as an emotion that you want to avoid and think, "Well, actually, I need to stand up for myself today. Otherwise, I am probably going to end up feeling quite resentful and frustrated." It's about caring about how you feel again.

EXERCISE

What are you feeling resentful about in your life? Why?

OVERCOMING THE DISEASE TO PLEASE TIP 7

ACKNOWLEDGE THE GUILT

My next tip is to accept that you may feel guilty when you say no to something the first few times or stop being so pleasing to other people. You might feel selfish and feel as though you are letting other people down. This is perfectly normal.

Whenever we make changes to our behaviors, it's always going to feel a little bit uncomfortable. Please, don't allow the guilt to push you back into making apologies or falling back into old ways of thinking. Instead, acknowledge the guilt. It's actually a really good thing. What it's doing is changing your behavior.

When I start to feel a little bit guilty, I say to myself, "You know what, it's okay. It means that I am moving on to more positive behaviors." Or I will soothe myself and say, "You know what, it's going to pass. Everything is fine here. I am looking after myself." It's going to feel a little bit strange because it's a new behaviour, but that's perfectly normal.

OVERCOMING THE DISEASE TO PLEASE TIP 8

MAKE PEACE WITH THE FACT THAT NOT EVERYONE WILL LIKE YOU

Tip 8 for overcoming the disease to please is to make peace with the fact that not everyone is going to like you. It's just not going to happen. Own and acknowledge that you are already likeable. Put a sticky note on your mirror that reminds you how wonderful you are and give up the need for other people to like you.

I like to think that fifty percent of the world will like me and fifty percent of the world won't. If ever I'm worried that someone doesn't like me, I turn it around by thinking, "Well, who am I going to focus on? Am I going to focus on the people who like me or the ones that don't?"

Some people just won't like you and there is sometimes nothing you can do to change their mind. And ask yourself, "Is it such a big deal if this person doesn't like me?"

OVERCOMING THE DISEASE TO PLEASE TIP 9

ACKNOWLEDGE THAT SOME PEOPLE ARE JUST UNPLEASABLE

Some people are simply unpleasable, and no amount of bending over backwards or trying to mould yourself into what you think they want is going to win their approval. So rather than trying desperately to get approval, acknowledge that some people are simply unpleasable. There is absolutely nothing you can do to get their approval, no matter how hard you try. So rather than looking for your early caregivers to give you that love and approval, just remember again, give it to yourself.

EXERCISE

Do you have simply unpleasable people in your life?

What do you do to try and win their approval?

OVERCOMING THE DISEASE TO PLEASE TIP 8

SOMETIMES CHANGE WILL UPSET OTHERS. . .AND THAT IS OKAY.

My final tip today that you can't please everyone. We are often taught you can't upset somebody. "What will I do if they don't like it? What if they don't like what I am saying? What if they don't like what I am doing?" we are often taught, never be rude to anyone else, it's selfish. Well, you know what, I say let go of that belief. Sometimes, we need to speak up, we need to be assertive, we need to say what we want, and in doing so, we might just end up upsetting someone. But you know what, that's okay. However anybody reacts to you when you are being confident or assertive or changing your behavior is really up to them.