

# INSTEAD OF

*people pleasing, TRY connecting.*

For example, do you say yes when you mean no?

Sure, I'm happy to watch your children.



**I am not available to watch your children. Can I help you in another way?**

Yes, I'll come to your party.



**Thank you for the invite to your party. I have chosen to do something else, and won't make it, but I hope it's connecting for you.**

Yes, I can talk even though it's late.



**I am very tired after a long day. I'd love to talk to you another time.**

Other ways to connect instead of people-pleasing:

- Give an honest response (honesty always has to be paired with responsibility). I would rather not go to that movie, but I'd love to spend time with you. Would you like to go on a walk? Come over and play a game? I can come help you fold laundry?
- Work through resentments. Just like blisters are a result of a bad sun burn, resentments are the result of people pleasing.
- Invite someone into your life, for good. Through the good and bad. Be willing to work through conflict. Forgive. Lean into a conflict instead of away from.

# Remember,

PEOPLE PLEASING IS A GENEROUS WAY OF NOT BEING HONEST.

**How did I people-please?**

*Someone asks me a question and I'm pretty sure they won't like my response, so I change the subject instead of answering humbly and honestly.*

**How can I connect instead?**

*I have worth. I am people pleasing because I'm worried about my worth or value. My worth or value doesn't change based on how others feel.*

*Your turn!*

**How did I people-please?**

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**How can I connect instead?**

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