



INHERVISION

# How to Stop People-Pleasing & Start Finding Happiness Within

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The way in which you show up to others, to challenges and to your life has been on autopilot for years. This exercise will give you insight into why this people-pleasing habit formed, how it impacts you and how you can shift from dependent to fully self-expressed.

## THE FIRST DECISION

Recall a time in your childhood (ages 2-10 years old) when you experienced being wrong for being your real self. Example: acting silly and loud and being yelled by your parents to grow up.

What happened?

What was your experience? (sad, angry, ashamed...)

Who could you not be?/ Who were you not like?

In that moment WHO did you decide to be in order to never feel this pain of rejection/ disapproval and to ensure that you always felt loved, appreciated and accepted?



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## WHAT PEOPLE-PLEASING DOES FOR YOU

1. What do you personally get when you gain the approval or praise from another person? How does this affect you? What is your response when the opposite happens and you don't get approval?

2. Are there specific people whom you yearn for their acceptance and approval? If so, why do you think you're wanting the approval specifically from these people?

3. How has seeking approval really impacted how you show up in life? (What don't you have in your life right now that you really want?)

4. What new way of being and acting do you want to create? How might you shift to this new mindset into a way of being?