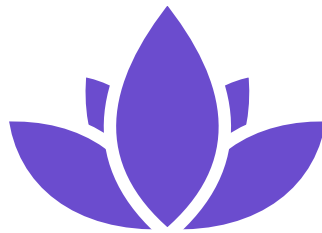




Stop People Pleasing

25 printable pages for adults / Education + practice / Take what fits



Make room for your needs.

You can care deeply, stay connected, and practice making choices that include you. Start with one small moment of honesty, not a whole new personality.

Inside the packet

Emotionally Focused Therapy (EFT)-informed reflection; attachment, parts and memory concepts; optional shadow work; boundary practice; communication; journaling; self-care; and 12 printable DBT/CBT coping cards.

Amber Michaels, LPC

Purple lotus. Real-life brains. More room for the whole you.

Original educational exercises. This packet is not a validated treatment protocol or a substitute for individualized therapy. No particular outcome is promised.



Your pace counts.

Read this page first. You may write, type, draw, dictate, point, or simply think.

People pleasing is a pattern, not a diagnosis. A helpful question is whether your care is freely chosen or repeatedly driven by fear, pressure, or losing access to your own needs.

A small, repeatable process

NOTICE the pull to agree (pages 3-10). CHOOSE one realistic limit (11-12). EXPRESS it in your own way (13-17). SUPPORT yourself and review what happened (18-25).

Make the packet usable

Try one page for 5 minutes; stop earlier if needed. Use one-word answers, check marks, a scribe, speech-to-text, or extra paper. You do not need eye contact, stillness, a calm voice, or a perfectly named emotion. Print single-sided at actual size; cut cards on pages 23-24.

Choose safety before practice

If saying no could risk violence, housing, income, care, or being outed, skip confrontation and plan with a trusted support person. Strategic agreement can be protective. You never owe disclosure about race, culture, disability, gender, sexuality, or trauma.

Pause if you feel flooded, unreal, or far away. Look around, name where you are, and contact support if needed. Do not push through memory exercises. For immediate danger, seek local emergency help. Keep completed pages private.

My smallest useful starting step is:



Find a word. Or a clue.

Aim: identify a feeling, thought, sensation, or need without making certainty a requirement.

Emotions and body signals do not always arrive clearly or at the same time. Sensory overload, pain, fatigue, or delayed processing can also shape your experience. "I do not know yet" is useful information.

Feeling possibilities	Possible need to explore
Afraid, uncertain, exposed	Safety, predictability, information
Angry, irritated, resentful	Fairness, a limit, space
Sad, lonely, disappointed	Comfort, connection, acknowledgment
Guilty, ashamed, embarrassed	Repair if harm occurred; compassion or perspective
Blank, overloaded, mixed	Less input, time, support; no forced interpretation

These are possibilities, not fixed meanings. A tight chest does not prove fear; you decide what fits. Try a color, image, energy level, or "pleasant/unpleasant/unclear" instead.

The thought or signal I notice is:

A feeling word or working guess is: What might help?



A boundary has an action.

Aim: name a limit and an action you can take, without trying to control another person.

A request asks someone to do something. A boundary describes your participation or your next step. You cannot guarantee their reaction. Your follow-through should be realistic, proportionate, and safe.

Area	A possible boundary
Time and energy	I can help for 20 minutes; then I need to leave.
Digital access	I answer nonurgent messages during my available hours.
Privacy and identity	I am not discussing that part of my life here.
Touch and intimacy	I do not consent to that. Please stop.
Conversation	If insults continue, I will end this call when it is safe.

The limit I want to practice is:

The action I can take if it is not respected is:

There is no requirement to explain your diagnosis, finances, trauma, gender, or sexuality. In unsafe or dependent situations, an indirect limit, reduced sharing, or supported plan may be the best available option.



Pause. Choose. Care.

Six coping cards / Use one at a time / Keep only the skills that fit

STOP

Stop before replying. Take a step back if safe. Observe what is happening. Proceed mindfully toward your goal.

Try: "I can answer after I check."

WISE MIND

Notice the feeling and the practical facts. Ask what honors both your needs and the situation. You may need more time.

Try: "What matters for this choice?"

SELF-SOOTHE

Choose a comfortable sensory cue: soft fabric, familiar sound, a neutral view, or quiet. Skip any sense that feels unpleasant.

Try: one helpful cue, no performance.

CHECK THE FACTS

Separate what you observed from what you fear. Is there actual danger, a misunderstanding, or uncertainty? Match your action to the facts.

Do not dismiss real mistreatment.

BOTH / AND

Allow two truths: I care about this person AND I have a limit. Discomfort can be present while I choose a useful next step.

Acceptance is not agreement with harm.

ONE THING MINDFULLY

Attend to one small action: read the request, check the calendar, or draft one sentence. Return gently when attention moves.

Movement or stimming may help focus.

Cut on the dotted borders. Carry one card or keep a photo privately. Original skill summaries; not reproductions of published DBT handouts.