

“3 Signs You Might Be Engaging in People Pleasing Behaviors”

- 1. You are a “giver,” often over serving, and have a hard time saying “no” to requests for your time.** (And you feel guilty when you do say “no.”) Answering yes before you think about it. To keep the peace. To make the other person happy. To avoid conflict. Not considering first if the request aligns with your values, purpose, or goals for how you wish to spend your valuable time.
- 2. You are more likely to quickly give away or sacrifice your time and money for another person’s benefit without thinking.** You are willing to spend it on others more than on yourself. (Often overlooking saving it for yourself, in the form of scheduled protected time for you to recharge.)
- 3. You may announce a healthy boundary but have difficulty maintaining or defending your boundary.** The “line in the sand” you’ve created gets crossed repeatedly by others in your life.

Persons engaging in people pleasing behaviors are worried about and afraid of appearing mean, unhelpful, difficult to work with, pushy, bossy, selfish, entitled, etc. if they speak up for themselves or say no to a request for their time.

Truth: YOU have been allowed space on this earth by your Creator! (*Genesis 1:27*). Also, you’ve been allotted stewardship over your body and time, which includes time to take care of yourself! (*1 Corinthians 6:19-20*)

From a spiritual perspective, you have been entrusted with a body and mind by your Creator. You have a God-ordained obligation to steward, care for, and maintain that gift of a body, mind, heart, and spirit in a **healthy way** so that you can show up, **the best way you want to**, for the people in your life in an **authentic** way.

Having the energy and courage to say “no” takes practice and a willingness to stand up for yourself. Which can be done in a calm and respectful manner.

Now take a deep breath and let it out.

You are allowed to speak up for yourself. We’re working on progress toward healing.

As an excellent teacher and coach, Stephanie D. McKenzie says: “Putting what you want, need, and desire first, is not selfishness, it’s self-care”; valuing yourself.

You may be surprised that the world doesn't fall apart because you speak up about what you require to take care of yourself. (Hint: Be aware; what is needed may fluctuate and change over time.)

As a person recovering from people pleasing behaviors myself (it is an ongoing process!), I can attest to the frustration and challenges of #3 on this list in my own life.

Example: I had a consistent neighbor relationship that constantly challenged my stated healthy boundary. I had to learn to keep defending it, repeatedly. You might be thinking: "Why should I have to keep defending it over and over to the same person?" Or "Why can't they respect my clearly stated boundary?!"

The simple answer: You are only in control of YOU! That isn't an easy answer to put into action. Because we want to control what is outside of us, to feel good on the inside of us. What gives us confidence to move toward healing, is in overcoming the root of people pleasing behaviors – low self-esteem. That will be the subject of the next quarterly post.