

WORKBOOK

Healing the Wounds of a People Pleaser

Learn To Unleash Your Worth

WWW.BRIGHTERTOMORROWTHERAPY.COM



01 *Understanding Your Worth*

Why is understanding your worth important? Being a people pleaser is shown to be actions of sacrificing your own needs and desires to gain the approval of others, saying "yes" even when you want to say "no" to be accepted and not feeling accepted or "not good enough" in the eyes of others.

When developing your worth and values, you will understand who you are as a person and who is valued or worthy enough to be in your life.

This workbook was created to help you understand and know your worth by providing you an infographic on how to heal from being a people pleaser. There are three (3) important steps to get you started on your goal of taking care of you first. Ending with a reflection of who you see yourself becoming after healing from being a people pleaser.

Use this workbook as often as you like until you are at the point of knowing your worth. You will then have a clear understanding on how to communicate in a healthy way, express your emotions to others, and become comfortable in telling others, "no."

Healing From People Pleasing

In this infographic, you can view different ways to help in healing from being a people pleaser. You will then accept who you are and allow yourself the opportunity to focus on yourself, too.



Step one



It's okay to say "no!" There are times as people pleasers, we are afraid to tell others "no." We don't want to disappoint them and are afraid of the possible conflict. Think of an event when you wanted to say "no" but was afraid of the outcome. How could you handle the situation now that you understand your worth?

Step two



Develop your values! Think of 5 values that you feel is most important in your life. This can help discover who you are as a person.

Step three



Communicate your feelings! Don't be afraid to tell people how you feel after they have done something to trigger your feelings. Express what is on your mind and own what you believe is most important.

Reflection Page

Jot down 5 positive affirmations about who you are.

1.

2.

3.

4.

5.

Reflection Page 2

Now, write a letter to yourself reflecting changes you want to see within your future self.

Dear Self,



BRIGHTER TOMORROW
COUNSELING SERVICES

Call Brighter Tomorrow

BOOK NOW

Click the “Book Now” button

Call for your free consultation and schedule your session with a therapist who will best fit your needs.

