

PATH 1 –
PEOPLE PLEASER
NO MORE

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Your
Last Year
Single!™

GETTING OFF THE TREADMILL OF PEOPLE PLEASING

- It begins with laying down performance-based acceptance and picking up God based acceptance.
- It is about owning who you ARE, not WHAT you do.

lists from Dr. Barney Self

PERFORMANCE BASED ACCEPTANCE

- Always event based
- Either or belief
- Justice driven
- Critical, comparison
- Precludes forgiveness
- Inhibits relationship growth
- All about rights
- Right/Wrong toggle
- Good/Bad Judgment
- Win/lose
- Condemnation with mistakes
- All or nothing
- Person/performance the same
- Performance driven self esteem
- Focus on happiness (circumstances are key)
- Love is feelings (eros, philia)
- Diminishes relationship with God

GRACE BASED ACCEPTANCE

- Always process based
- Both/and
- Forgiveness Driven
- Compassion
- Precedes Forgiveness
- Fuels Relationship growth
- All About responsibility for myself not others
- Acceptance of what is
- Commitment to positive change
- Person is separate from Performances
- Person in Christ driven Self Esteem
- Focus is on Joy (non circumstantial)
Love is choice-driven (agape)
- Outcome: abundant life
- Promotes relationship with God
- Ability to live with ambiguity
- Living in the gray

LETTING GO

- To let go does not mean to stop caring. It means I cannot do it for someone else
- To let go is not to enable, but to allow learning from natural consequences
- To let go is to admit powerlessness, which means the outcome is not in my hands (but God's)
- To let go is to not try to change or blame another, its to make the most of myself.
- To let go is not to care for, but to care about.
- To let go is not to fix, but to be supportive
- To let go is not to judge but to allow another to be a human being
- To let go is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.
To let go is not to be protective, its to permit another to face reality.
- To let go is not to regret the past but to grow and live in the present and plan for the future
- To let go is to fear less and love more

• Author unkown

BOUNDARIES- FIVE WAYS TO SAY YES OR NO

1. You ask me, it feels good for me. I say yes.
2. You ask me, it doesn't feel good for me. I say yes but resent it (you may not know your resentful)
 - (think of this more as discerning with the Holy Spirit if He is leading you to a yes or no)
3. You ask me, it doesn't feel good for me. I say no and feel ok about it.
4. You ask me, it doesn't feel good for me. I say NO and feel very guilty (old tapes are play)
 - Co dependents and persons who have not been taught healthy boundaries are usually are stuck at 2 and 4.
5. You ask me, it doesn't feel good for me, but, out of love and concern for you, I say 'yes' and do not resent it.
 1. The key with this one is it **MUST BE TEMPORARY** if it is not we go back to #2. We must adjust and go to #3.

WHAT DO WE NEED TO ASK BEFORE WE SAY YES?

Don't decide in the moment. Say: Let me check my commitments and get back to you, when do you need an answer by?

Then consider the following:

- Do I want to do it?
- Will I enjoy it?
- Do I have time?
- Do I have capable resources?
- Is it appropriate for me to do it?
- What might I have to say no to in order to make this a yes?