

## Fear Not

### How To Stop Being A People Pleaser

1. \_\_\_\_\_

**Galatians 2:14** *When I saw that they were not following the truth of the gospel message, I said to Peter in front of all the others...*

a) Where \_\_\_\_\_?

b) What \_\_\_\_\_?

**Galatians 2:12** *But afterward, when some friends of James came, Peter wouldn't eat with the Gentiles anymore. He was afraid of criticism from these people who insisted on the necessity of circumcision.*

2. Change \_\_\_\_\_

a) \_\_\_\_\_ please people

**John 1:11** *He came to his own people, and even they rejected him.*

b) I have the \_\_\_\_\_

**Matthew 5:37** *Just say a simple, 'Yes, I will,' or 'No, I won't.'*

c) I'm responsible to God \_\_\_\_\_

**1 Corinthians 16: 12** *Now about our brother Apollos – I urged him to visit you with the other believers, but he was not willing to go right now.*

3. \_\_\_\_\_

a) Learn the \_\_\_\_\_

b) Ask the \_\_\_\_\_

**John 6:38** *For I have come down from heaven to do the will of God who sent me, not to do my own will.*

c) Ignore them

**Matthew 15:14** *... so ignore them.*

## The Dangers of People Pleasing

- **Chronic stress** from constantly prioritizing others can leave you feeling overwhelmed and exhausted, leading to burnout.
- **Physical and emotional depletion:** Neglecting your own well-being can lead to trouble sleeping, and difficulty managing emotions.
- **Resentment and anger:** Constantly saying yes can build resentment towards others and even internal anger for not setting boundaries.
- **Difficulty asserting yourself:** It's difficult to express your needs or opinions, hindering your ability to make choices aligned with your values.
- **Loss of identity:** You compromise your values and interests to fit in.
- **Strained relationships:** Acquaintances can leave little time and energy for nurturing deeper connections with family and close friends.
- **Enabling behavior:** By constantly rescuing others, you prevent them from developing their own problem-solving skills.
- **Missed opportunities:** People-pleasing can hold you back from taking risks, pursuing your dreams, and achieving your full potential.

### Read These Statements: Do You Agree?

\_\_\_ I **alter my personality** to fit in with others.

\_\_\_ I **avoid conflict** even if it means compromising my needs.

\_\_\_ I **struggle to say no** to requests, even when overloaded.

\_\_\_ I **prioritize keeping others happy** over my own feelings.

\_\_\_ I **have difficulty expressing my opinions** when they differ from others.

\_\_\_ I **feel guilty** when I assert myself or set boundaries.

\_\_\_ I **find it hard to make decisions** for myself.

\_\_\_ I **resent** people after constantly putting their needs first.

\_\_\_ I **feel drained** from people-pleasing behavior.

\_\_\_ I **fantasize about** having more control over my life.

### Questions You Should Ask Before Deciding

Do I sense God wants me to do this?

Do I want to do this or do I feel pressured to do it?

Would I choose to do this if I wasn't being asked?

Is this situation aligned with my values and priorities?

Will saying no create a healthy boundary or cause unnecessary conflict?

What are the potential consequences of saying yes or no in this situation?

What's the right choice for me in light of my current situation?

Who can I talk to for support if I choose to decline this request?