

Daily Journal 1-9-24

People pleaser

Firstly, what does it even mean to be a people pleaser? It means you are forgoing what you want, what you want to do, in order to do something that somebody else wants you to do. That could be saying specific words, saying words that go against what you believe, in order to affirm somebody else's beliefs. It could mean doing something for someone else that you don't necessarily want to do. You are ignoring your desires in lieu of the desires of someone else.

Why do I people please? Sometimes it is just a reaction, **it's because I'm not involved enough in a conversation or situation**, focused enough on it, to contribute meaningfully – people pleasing can come about because I am distracted.

- 1) Always remain present in conversations

Because I want to avoid a negative situation, I want to avoid an argument or a disagreement. **I think that by stating my opinions it will put distance between me and the person I am talking to.** I need to cut this belief right now, if the person is important to my life, then me voicing my genuine opinion will not put distance between us, not in an insurmountable way at least; and if it does put such distance between us, then that is probably not a person that is important for my life, whether I realize it or not. Often times, my genuine responses that are not what a person necessarily wants to hear, brings me closer to that person, our differences can bring us closer together, because our differences help us learn, because the ways in which we are different can help us support each other. The example that comes to mind was when talking to ___ the other day about his mother; he had the long response to send her and to me it felt like he was seeking affirmation about it being the right response; but I felt like the response was too long. So instead of agreeing with him, I voiced my honest opinion, that the response was too long and made too many different points. He genuinely appreciated the advice, that is why he came to me in the first place, for constructive advice, not just affirmation, and I was able to help him and he appreciated it, because I spoke true to what I believe.

- 2) Voicing my genuine opinion will not put distance between me and someone that is important in my life – it will typically garner respect
- 3) My genuine responses, even if not what someone necessarily wants to hear, often brings me closer to that person
- 4) Each genuine response brings me closer to myself

Are there any other reasons that I people please? Yes. To make others feel better about themselves. That's a tough one. **I will tell people things that are inconsistent with how I feel, so that they feel better,** it's tough, but even that is a poor habit to get into. People need to hear the honest truth, even if it is hard. And regardless, I don't need to hide or cover up who I am as a direct result of someone else's journey – I am on my journey, and them, there's – I need to be true to myself and my own journey independent of them. I need to learn mental independence in this way.

- 5) People need to hear the honest truth, even if it is hard
- 6) I don't need to hide or cover up who I am as a result of someone else's journey