

People-Pleasing vs. Authentic Kindness

People-Pleasing vs. Authentic Kindness · psychoeducation

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ABOUT THIS RESOURCE

The pages that follow reproduce the original handout exactly as published, placed inside the library frame. Nothing has been re-typed, reflowed or reconstructed, so worksheets, diagrams and forms print as designed. The header of each page names the source page it carries.

AT A GLANCE

AUDIENCE	Client Resource
PAGES	14 in this edition · 13 original pages

PEOPLE PLEASING VS AUTHENTIC KINDNESS

In our efforts to be liked and accepted by others, many of us fall into the trap of people-pleasing. We bend over backwards to fulfill others' expectations, even at the cost of our own well-being and authenticity. While kindness is admirable, there is a fine line between genuine kindness and people-pleasing behavior.

it is essential to distinguish between people-pleasing and authentic kindness to cultivate healthy relationships and a sense of well-being.

PEOPLE PLEASING

People-pleasing often stems from a fear of rejection or a desire to avoid conflict. You may find yourself saying "yes" to every request, even if it drains your energy and leaves you feeling overwhelmed. While it is important to be considerate of others' feelings, it is equally important to prioritize your own needs and boundaries.

Constantly putting others' needs ahead of your own can lead to feelings of resentment, stress, and burnout. It can also erode your self-esteem and sense of self-worth, as you may come to define your value based on others' approval. This can create a cycle of seeking external validation in order to feel good about yourself, leading to a chronic sense of insecurity and a lack of self-confidence.

AUTHENTIC KINDNESS

Authentic kindness stems from a place of genuine compassion and self-assuredness. It is motivated by a true desire to help and connect with others rather than a need for approval or fear of rejection.

Signs of Authentic Kindness:

1. Genuine Altruism:
2. Healthy Boundaries
3. Sincerity
4. Self-Respect
5. Constructive Conflict

Authentic kindness is characterized by a balanced approach to giving, where acts of kindness are not tethered to external validation. This kind of kindness strengthens relationships, as it is built on mutual respect and open communication.

THE EMOTIONAL CYCLE OF PEOPLE- PLEASING TYPICALLY INVOLVES SEVERAL STAGES

Authentic Kindness

6. Authentic Kindness: Ultimately, individuals may strive to cultivate a balance between being kind and compassionate towards others while also prioritizing their own well-being and authenticity. By practicing genuine kindness from a place of self-assuredness and respect for their own boundaries, they can create more fulfilling and authentic relationships.

Desire To Please

1. Initial Desire to Please: People pleasers often begin with a genuine desire to help and support others. They want to be liked, valued, and seen as helpful and caring individuals.

Boundaries

5. Setting Boundaries and Self-Care: Through self-reflection and introspection, people pleasers may start to prioritize their own needs, set boundaries, and practice self-care. This stage involves learning to assert oneself, say no when necessary, and establish healthier patterns of relating to others.

Overcommitment and Sacrifice

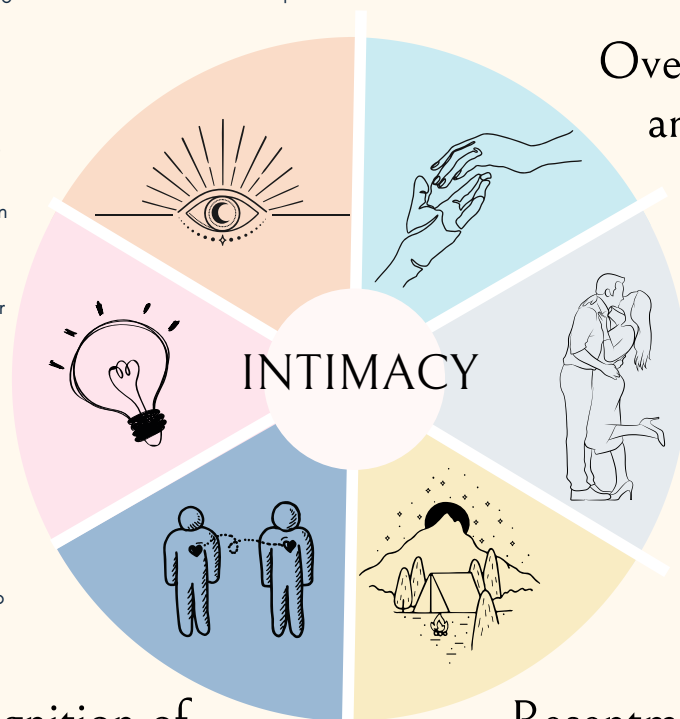
2. Overcommitment and Sacrifice: As they prioritize others' needs above their own, people pleasers may find themselves taking on too much, saying yes to things they don't want to do, and sacrificing their own well-being in the process.

Recognition of Unhealthy Patterns

4. Recognition of Unhealthy Patterns: As they experience negative emotions and consequences from their people pleasing behavior, individuals may start to recognize that their approach to relationships and interactions is not sustainable or healthy.

Resentment and Burnout

3. Resentment and Burnout: Over time, the constant need to please others can lead to feelings of resentment, exhaustion, and burnout. People pleasers may feel taken advantage of, unappreciated, or overwhelmed by the demands of others.



KEY DIFFERENCES BETWEEN PEOPLE-PLEASING AND AUTHENTIC KINDNESS



MOTIVATION

People-pleasing is driven by a fear of rejection or conflict, while authentic kindness comes from a genuine desire to make a positive impact on others.



BOUNDARIES

People-pleasers struggle to set boundaries and often prioritize others' needs over their own, leading to feelings of resentment and burnout. Authentic kindness involves respecting our own boundaries and knowing when to say no in a healthy way.



SELF-WORTH

People-pleasers tend to derive their sense of worth from external validation, while those practicing authentic kindness have a strong sense of self-worth that is not dependent on others' approval.



COMMUNICATION

People-pleasers may struggle to communicate honestly and assertively, fearing that it may upset or alienate others. Authentic kindness involves open and honest communication while maintaining respect for oneself and others.

Ultimately, it is essential to distinguish between people-pleasing and authentic kindness to cultivate healthy relationships and a sense of well-being. By focusing on being kind while staying true to ourselves, we can foster genuine connections based on mutual respect and understanding.

PEOPLE-PLEASING VS. AUTHENTIC KINDNESS: CONTRASTING SCENARIOS



1. Scenario: A friend asks you to lend them a significant amount of money, which you do not feel comfortable doing.

- People-Pleasing Response: You agree to lend the money despite feeling hesitant because you don't want to disappoint or upset your friend.
- Authentic Kindness Response: You express your concerns about lending the money and offer alternative forms of support or guidance to help your friend in a different way.

2. Scenario: A colleague asks you to cover their shift at work on short notice, knowing that you had made plans for the day.

- People-Pleasing Response: You cancel your plans and agree to cover the shift, prioritizing your colleague's needs over your own.
- Authentic Kindness Response: You communicate honestly about your prior commitments and offer to help find a solution together, such as finding another colleague to cover the shift or assisting in another way that fits your schedule.



3. Scenario: A family member criticizes your choices or lifestyle, making you feel insecure and uncomfortable.

- People-Pleasing Response: You feel hurt by the criticism but choose to ignore your feelings and conform to their expectations to avoid conflict.
- Authentic Kindness Response: You acknowledge your feelings of hurt and respectfully discuss boundaries with your family member, explaining that while you value their opinion, you ultimately need to make decisions that align with your values and beliefs.



PEOPLE-PLEASING VS. AUTHENTIC KINDNESS: CONTRASTING SCENARIOS



4. Scenario: A romantic partner frequently makes demands on your time and attention, expecting you to prioritize their needs above everything else.

- People-Pleasing Response: You neglect your own self-care and personal interests to cater to your partner's wants, creating imbalance in the relationship.

- Authentic Kindness Response: You communicate your need for balance and mutual respect in the relationship, setting boundaries around personal time and interests while also nurturing the connection with your partner through genuine care and consideration.

5. Scenario: A co-worker always brings their personal problems to you for advice and support, putting a strain on your emotional well-being.

- People-Pleasing Response: You continuously offer emotional support and advice, even when it takes a toll on your own mental health and boundaries.

- Authentic Kindness Response: You show empathy and compassion for your co-worker's struggles but also encourage them to seek professional help or resources that can provide more sustainable support. You prioritize your own well-being by setting limits on the emotional burden you are willing to carry.



Can you write your own scenario?

WHAT IS AUTHENTIC KINDNESS?



AUTHENTIC KINDNESS IS THE PUREST EXPRESSION OF HUMAN CONNECTION, A GENTLE TOUCH THAT LEAVES LASTING TRACES OF LOVE AND COMPASSION.



In a world that can often feel chaotic and divisive, kindness is a beacon of light that has the power to unite and uplift us all. Genuine, authentic kindness is a quality that comes from the heart and is not motivated by personal gain or recognition. It is a selfless act that can have a profound impact on both the giver and the recipient.

At its core, authentic kindness is about expressing empathy, compassion, and respect towards others. It involves being present, listening actively, and offering support without judgment. Genuine kindness is not about grand gestures or public displays, but rather about the small, everyday actions that demonstrate care and consideration for those around us.

When we practice authentic kindness, we create a ripple effect that extends far beyond the initial act. Kindness has the power to inspire others to pay it forward, creating a chain reaction of positivity and goodwill in our communities. By choosing kindness in our interactions, we can contribute to a more harmonious and compassionate world.

Moreover, kindness has numerous benefits for our own well-being. Research has shown that acts of kindness can boost our mood, reduce stress, and even improve our physical health. When we are kind to others, we also cultivate a sense of connection and belonging, strengthening our social bonds and fostering a sense of community.

In a society that often values individual achievement and success above all else, authentic kindness reminds us of the importance of compassion and human connection. It encourages us to look beyond ourselves and consider the needs and feelings of others. By embracing kindness as a guiding principle in our lives, we not only make the world a better place for those around us but also enrich our own lives in the process.

WHAT IS PEOPLE PLEASING?



**REMEMBER, YOU CAN'T POUR FROM AN EMPTY CUP.
PRIORITIZE YOUR NEEDS AND WELL-BEING BEFORE SEEKING
APPROVAL FROM OTHERS.**



People-pleasing is a common behavior in which an individual goes out of their way to make others happy, often at the expense of their own needs and desires. While it may seem like a positive trait at first glance, people-pleasing can have negative consequences on one's mental and emotional well-being. Here, we will explore what people-pleasing is, common behaviors associated with it, examples of people-pleasing, and why people engage in this behavior.

People-pleasing is the act of constantly seeking approval and validation from others by going to great lengths to meet their expectations and fulfill their desires. This behavior is often driven by a fear of rejection or conflict and a desire to be liked and accepted by others. People-pleasers often sacrifice their own needs, opinions, and boundaries to maintain harmony in their relationships.

Common Behaviors Associated with People-Pleasing:

1. **Saying Yes When They Want to Say No:** People-pleasers have difficulty saying no to others, even when it means compromising their own needs or boundaries.
2. **Seeking Validation:** People-pleasers constantly seek approval and validation from others to feel worthy and accepted.
3. **Avoiding Conflict:** People-pleasers go to great lengths to avoid conflict and prioritize keeping the peace over expressing their true thoughts and feelings.
4. **Putting Others' Needs Above Their Own:** People-pleasers often prioritize others' needs and desires over their own, leading to feelings of resentment and burnout.

people-pleasing is a common behavior that can have negative impacts on one's mental and emotional well-being. By understanding the underlying reasons for people-pleasing and learning to set boundaries and prioritize self-care, individuals can break free from this cycle.

TO HELP YOU IDENTIFY IF YOU TEND TO BE A PEOPLE PLEASER, HERE ARE SOME SIGNS TO LOOK OUT FOR

1

1. Difficulty Saying No: You find it challenging to decline requests or express your own needs and preferences because you fear disappointing or upsetting others.

2

2. Seeking Approval: You constantly seek validation and approval from others, basing your self-worth on their opinions and acceptance of you.

3

3. Ignoring Your Feelings: You prioritize others' feelings and opinions over your own, suppressing your emotions and needs to avoid conflict or rejection.

4

4. Overextending Yourself: You consistently put others' needs before your own, leading to feelings of exhaustion, resentment, and neglect of your well-being.

5

5. Fear of Conflict: You go to great lengths to avoid conflict or disagreements, often sacrificing your own values and boundaries to maintain harmony in relationships.

6

6. Constant Apologizing: You tend to apologize excessively, even when you have done nothing wrong, as a way to avoid conflict or criticism from others.

7

7. Difficulty Setting Boundaries: You struggle to establish and maintain healthy boundaries in relationships, often allowing others to overstep your limits or manipulate your actions.

TIPS FOR SETTING BETTER PERSONAL BOUNDARIES TO AVOID PEOPLE PLEASING

1

1. Identify Your Values and Needs: Take time to reflect on your values, priorities, and needs. Understanding what is important to you will guide you in setting boundaries that align with your true self.

2

2. Practice Assertiveness: Communicate your boundaries confidently and directly. Use "I" statements to express your needs and limitations without feeling guilty or apologetic.

3

3. Learn to Say No: It's okay to decline requests or invitations that don't align with your priorities or energy levels. Saying no respectfully but firmly is crucial in setting boundaries and showing self-respect.

4

4. Establish Consequences: Clearly communicate the consequences of boundary violations. Consistently follow through with consequences to reinforce the importance of respect for your boundaries.

5

5. Surround Yourself with Supportive People: Seek relationships with individuals who respect your boundaries and support your well-being. Surrounding yourself with positive influences will help reinforce your boundaries and boost your self-esteem.

6

6. Practice Self-Care: Prioritize self-care activities that nurture your physical, emotional, and mental well-being. Taking care of yourself allows you to replenish your energy and set boundaries from a place of strength and self-respect.

HERE IS A LIST OF DO'S AND DONT'S FOR PEOPLE-PLEASING VERSUS AUTHENTIC KINDNESS

Do's & Don'ts

DO'S FOR AUTHENTIC KINDNESS

- ✓ Show genuine concern and empathy for others.
- ✓ Treat others with respect and consideration.
- ✓ Offer help and support without sacrificing your own needs and well-being.
- ✓ Set boundaries and prioritize self-care to maintain balance in relationships.
- ✓ Be true to yourself and communicate honestly and openly with others.

DON'TS FOR AUTHENTIC KINDNESS

- ✗ Don't say yes to requests or favors out of obligation or fear of disappointing others.
- ✗ Don't ignore your own feelings and needs in order to please others.
- ✗ Don't compromise your values or beliefs to gain approval from others.
- ✗ Don't avoid conflict or assertiveness in order to keep the peace.
- ✗ Don't manipulate or use kindness as a means to control others or avoid confrontation.

REFLECTION QUESTIONS

1. How do I feel when I say no to someone's request or set a boundary? Do I feel guilty, anxious, or empowered?

2. Do I often prioritize my own needs and well-being, or do I tend to put others' needs ahead of my own?

3. When I help others, do I do so from a place of genuine care and compassion, or do I do it to avoid conflict or gain approval?

4. Do I feel comfortable expressing my true thoughts and feelings, even if they may not align with others' expectations?

REFLECTION QUESTIONS

5. How do I feel about receiving help or support from others? Do I accept it graciously, or do I feel uncomfortable or unworthy?

6. Am I able to be vulnerable and authentic in my interactions, or do I tend to portray a version of myself that is more acceptable to others?

7. Do I engage in acts of kindness because I genuinely want to make a difference, or do I do so to seek validation or praise?

8. How do I react when someone disagrees with me or challenges my views? Do I assert myself respectfully, or do I avoid conflict by agreeing with them?

REFLECTION QUESTIONS

9. Do I have a strong sense of self-worth and identity, or do I rely on external validation and approval to feel good about myself?

10. How do I feel after helping someone? Do I feel fulfilled and content, or do I feel stressed and overwhelmed?

11. Do I make decisions based on what aligns with my values and principles, or do I often compromise them to please others?

12. Am I able to maintain healthy boundaries in my relationships, or do I frequently find myself overextending or sacrificing my own needs for others?