How has people pleasing developed for me? What is the hx of people pleasing in my social life?

How do I reclaim my agency away from people pleasing tendencies?

Reflection questions to support healing from people pleasing

therapeutic journal prompts

Zine #6

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no AI used

How have I been encouraged to challenge or break my people pleasing habits?

More questions about regulating and unmasking on flip side of this zine. Follow directions below:

Reach out to
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To chat more about People pleasing and agency
@CicadaCounselingChicago
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Www.CicadaCounselingChicago.com

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What are my goals with people pleasing? Why do I need people to be pleased with me?

What does people pleasing mean to me? How do I practice people pleasing?

How does people pleasing tendencies contradict my ability to assert myself?

What does agency mean to me? How do I practice agency?

How is my experience of people pleasing related to a trauma response of fawning? How do I want to change that?

How does increasing my awareness of my people pleasing tendencies enable me to practice reclaiming my agency?

Who am I to practice those accountabilities? How does understanding my practice of accountability help me unlearn people pleasing?

How do I reclaim my agency away from people pleasing tendencies?

Reflection questions to support healing from people pleasing

part 2



therapeutic journal prompts

Zine #6



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What is my responsibility in unlearning and no longer practicing people pleasing?

What am I afraid of happening if I do not please people? Why?

How does people pleasing prevent intimacy and closeness in my life?

How do I feel my needs, desires, expectations, and boundaries interact with people liking and caring about me?