

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's basic outline.

Weekly Discussion Theme: Self-Advocacy

- **Leader shares:** Self-advocacy offers a constructive approach to recognizing and addressing tendencies toward people-pleasing within oneself. Falling into a pattern of people-pleasing can significantly impact our self-esteem, fostering feelings of unworthiness and helplessness, potentially leading to depression and sadness.

During times when we feel particularly inadequate or struggle to recognize our own worth, turning to people-pleasing may offer temporary relief. However, this comes at the cost of allowing others to manipulate us, whether knowingly or unknowingly. By acknowledging these behaviors, we empower ourselves to advocate for our needs and cultivate self-love. Through mindfulness and healthy coping strategies, we can effectively manage feelings of inadequacy without relying on people-pleasing.

- **Group shares:** Ask each person in the group to share how people-pleasing shows up in their lives, how it makes them feel, and their overall thoughts about self-advocacy and people-pleasing.
- **Acknowledge:** THANK YOU for sharing!

Verse: Proverbs 19:8 (NIV) The one who gets wisdom loves life; the one who cherishes understanding will soon prosper.

- **Leader Interpretation:** I understand this to mean that when we seek wisdom from God, we are taking care of our soul and body. This helps us recognize and accept our people-pleasing behaviors, and ask God for help to respond with kindness to ourselves while also following His guidance in dealing with feelings of inadequacy in a healthier way.
- **Group shares:** Does the idea of cherishing wisdom and understanding align with your approach to advocating for yourself?
- **Acknowledge:** THANK YOU for sharing!

Recognizing People-Pleasing Behavior:

- **Over-Agreeing:** Agreeing with others even when you don't genuinely agree just to avoid conflict.
- **Difficulty Saying "No":** Feeling obligated to say yes to every request, even when it's inconvenient or against your own interests.
- **Seeking Approval:** Constantly seeking validation and approval from others to feel worthy.
- **Ignoring Personal Needs:** Putting others' needs consistently above your own, neglecting your own well-being.
- **Avoiding Confrontation:** Going to great lengths to avoid confrontation or disagreement, even if it means sacrificing your own desires.

- **Excessive Apologizing:** Apologizing excessively, even for things that aren't your fault, to maintain harmony.
- **Fear of Rejection:** Fear of rejection or criticism, leading to compliance with others' wishes to avoid negative feedback.
- **Overextending Yourself:** Taking on more tasks or responsibilities than you can handle in an effort to please others.

Ways to Handle Feelings of Unworthiness or Inadequacy in a Healthier Way:

- **Self-Reflection:** Take time to reflect on your thoughts and feelings to understand their root causes.
- **Positive Affirmations:** Practice affirming yourself with positive statements to counteract negative self-talk.
- **Set Boundaries:** Learn to set healthy boundaries to prioritize your own needs and well-being.
- **Seek Support:** Reach out to friends, family, or a therapist for support and guidance in navigating these feelings.
- **Practice Self-Compassion:** Treat yourself with kindness and understanding, acknowledging that everyone experiences moments of doubt and insecurity.
- **Mindfulness Techniques:** Practice mindfulness meditation or other techniques to stay present and manage negative thoughts.
- **Focus on Strengths:** Identify and focus on your strengths and accomplishments rather than dwelling on perceived shortcomings.
- **Challenge Negative Thoughts:** Challenge negative beliefs about yourself by examining evidence that contradicts them.
- **Celebrate Progress:** Celebrate small victories and progress towards healthier behaviors, recognizing that change takes time and effort.

Group shares: What are your thoughts on recognizing people-pleasing behavior and handling feelings of unworthiness or inadequacy in a healthier way?

Acknowledge: THANK YOU for sharing!

Leader shares: In conclusion, as we cultivate daily habits of self-advocacy, we enhance our confidence, extend more grace to ourselves and others, and experience increased joy. Seeking God's wisdom empowers us to recognize and address instances of people-pleasing, enabling us to embrace self-love more fully. With this self-love as our foundation, we become better equipped to advocate for ourselves with greater effectiveness.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.

- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** imperfectpaths.com

Copyright © imperfectpaths.com. All rights reserved. [Disclaimer](#)