

Breaking the Spell of People Pleasing Workshop



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Breaking the Spell of People Pleasing & Learning to Please Yourself!

My fellow badassess, welcome to the Breaking the Spell of People Pleasing & Learning to Please Yourself! Workbook. Get ready to break free from the suffocating spell of people pleasing and step into your power with boldness and authenticity.

In this workbook, we will embark on a transformative journey of self-discovery, confronting the wounds that have held us back and embracing our true desires. It's time to prioritize ourselves unapologetically and rewrite the stories that have shaped our people-pleasing tendencies.

Throughout these pages you'll find powerful affirmations that will ignite the fire within you and empower you to stand tall in your authentic self. From work to personal relationships and romantic connections, I've got you covered with role-playing scenarios that will help you practice asserting your boundaries with grace and strength.

This workbook is your cheat sheet, your compass, and your guide to breaking free from the chains that have kept you small. Dive into exploring your family story, magical sensitivities, wounds of origin, red flags, and crafting powerful responses. Embrace the crystal and herb support that will anchor and uplift you on your journey.

You are a badass, and it's time to own it. Embrace the unapologetic warrior, prophet, and undercover healer within you, unleash your inner power, and create a life that aligns with your authentic desires. Repeat the affirmations, embody the role-playing scenarios, and let your true self shine.

Are you ready to rewrite the rules, redefine what it means to please yourself, and step into a life of unapologetic authenticity? Let's dive in and make this journey one of liberation, growth, and self-love. Get ready to unleash your inner badass, because this is your time to shine!

Note: This workbook is designed to be used in conjunction with the Breaking the Spell of People Pleasing & Learning to Please Yourself! audio workshop.

Who am I?

Saludos Mi Gente!

I am Kohenet/Priestess Angelique "YA": Neurodivergent Jewyoricana, Poet, and Advocate for Decolonial Liberation. I've been through it, and I've always been driven by a desire/calling to support others in breaking free and breaking down oppressive systems. I am a keeper of my people! Through my coaching and consulting business, Priestessing Liberation, I draw on 25 years of experience to supporting individuals and organizations in healing, reclaiming their agency, and begin the work towards a decolonized future.

As a poet, I've had the privilege of working with local organizations teaching the power of poetry in healing trauma, particularly in children and teens.

My work in decolonizing Diversity, Equity, and Inclusion has been at the center. My lens is shaped with a view of personal and cultural trauma, neurodivergence and diaspora. My toolkit includes Ordained Hebrew Priestess, Certified Integrative Somatic Trauma Therapy Practitioner, Quantum Human Design Reader in Training.

At the center of my world, is the glory of being the mama to two powerhouse comrades who keep me grounded and motivated. When I'm not challenging the status quo, I love nothing more than savoring a slow morning with my beloved café or unwinding with a cigar at my favorite spot. My journey as a Kohenet/Priestess, poet, and advocate for decolonial liberation has been a challenging but rewarding one, and I'm excited to see where it takes me next.

with love & devotion,
Kohenet/Priestess Angelique (YA)



Breaking the Spell Quiz

It's time to uncover the truth about your people-pleasing tendencies and unleash your unapologetic badassery. Buckle up, because this quiz is not for the faint of heart. Get ready to dive deep and confront the patterns that have held you back. Circle the one you identify with the most, not the one you think you should. Let's do this!

When faced with a decision, do you often find yourself:

- a) Saying "yes" when you really want to say "no"?
- b) Prioritizing others' needs over your own without hesitation?
- c) Taking a step back, assessing the situation, and confidently asserting your boundaries?

How often do you find yourself seeking validation and approval from others?

- a) Constantly! I can't make a move without seeking outside confirmation.
- b) More often than I'd like to admit. I crave that external validation.
- c) Rarely. I trust my instincts and make decisions based on what feels right for me.

Picture this: You have plans with friends, but you're feeling exhausted and in desperate need of alone time. What do you do?

- a) Show up for them, even if it means sacrificing my own needs.
- b) Feel torn and guilty but still go because I don't want to disappoint anyone.
- c) Respectfully decline and prioritize self-care. My well-being comes first, and I'm unapologetic about it.

How often do you find yourself suppressing your true thoughts and opinions to avoid conflict?

- a) All the time. I'd rather keep the peace than express my own truth.
- b) More often than I'd like. Conflict makes me uncomfortable, so I hold back.
- c) Rarely. I speak my mind confidently and stand by my beliefs, regardless of the consequences.

Reflect on your past experiences. Have you ever felt resentful or taken advantage of in relationships or friendships because of your people-pleasing tendencies?

- a) Yes, it happens more often than I care to admit.
- b) Occasionally, but I try to brush it off and avoid confrontation.
- c) No, I've learned from those experiences and now prioritize my own needs and boundaries.

Results:

- Mostly A's: Uh-oh! It seems like the spell of people pleasing has you in its grip. But fear not, my friend. You have the power within you to break free. It's time to harness your inner badass and reclaim your agency. The journey won't be easy, but it will be worth it. You deserve to live life on your own terms!
- Mostly B's: You're teetering on the edge, my friend. The spell of people pleasing has a hold on you, but you're starting to question its grip. It's time to embrace your inner badass and step into your power. With a little courage and self-belief, you can break free from the chains of people pleasing and create a life that truly fulfills you.
- Mostly C's: Congratulations, you badass warrior! You've already made significant strides in breaking the spell of people pleasing. You prioritize your needs, assert your boundaries, and fearlessly express yourself. Keep up the incredible work and continue to inspire others with your unapologetic authenticity.

Remember, breaking free from people pleasing is a journey, not a destination. Embrace your inner badass, trust yourself, and let your unapologetic spirit guide you towards a life of self-empowerment and fulfillment. You've got this!

Unveiling Your Story



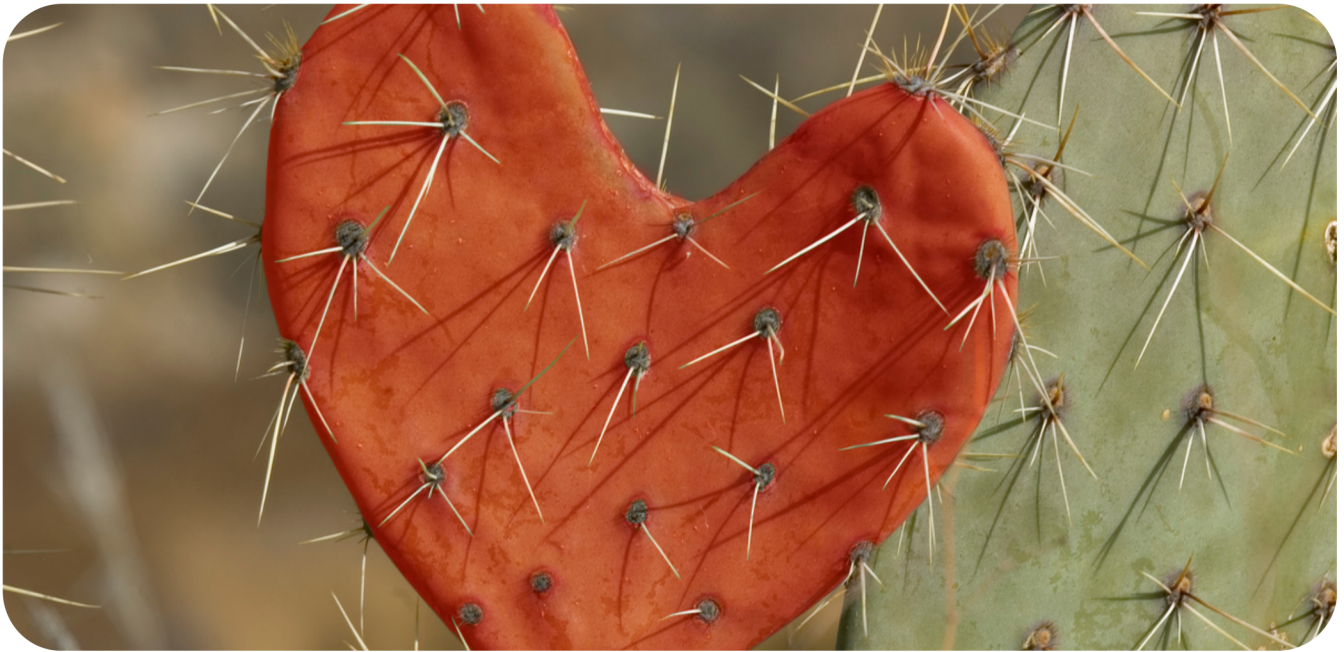
What's your family story? Dig deep and explore the dynamics, expectations, and patterns that have influenced your people-pleasing tendencies. How have these stories shaped your identity?

Unveiling Your Story



Embrace Your Magic: What magical sensitivities or abilities do you possess? How can you tap into and nurture these gifts? Explore the support available to enhance your magical journey.

Confronting Your Wounds



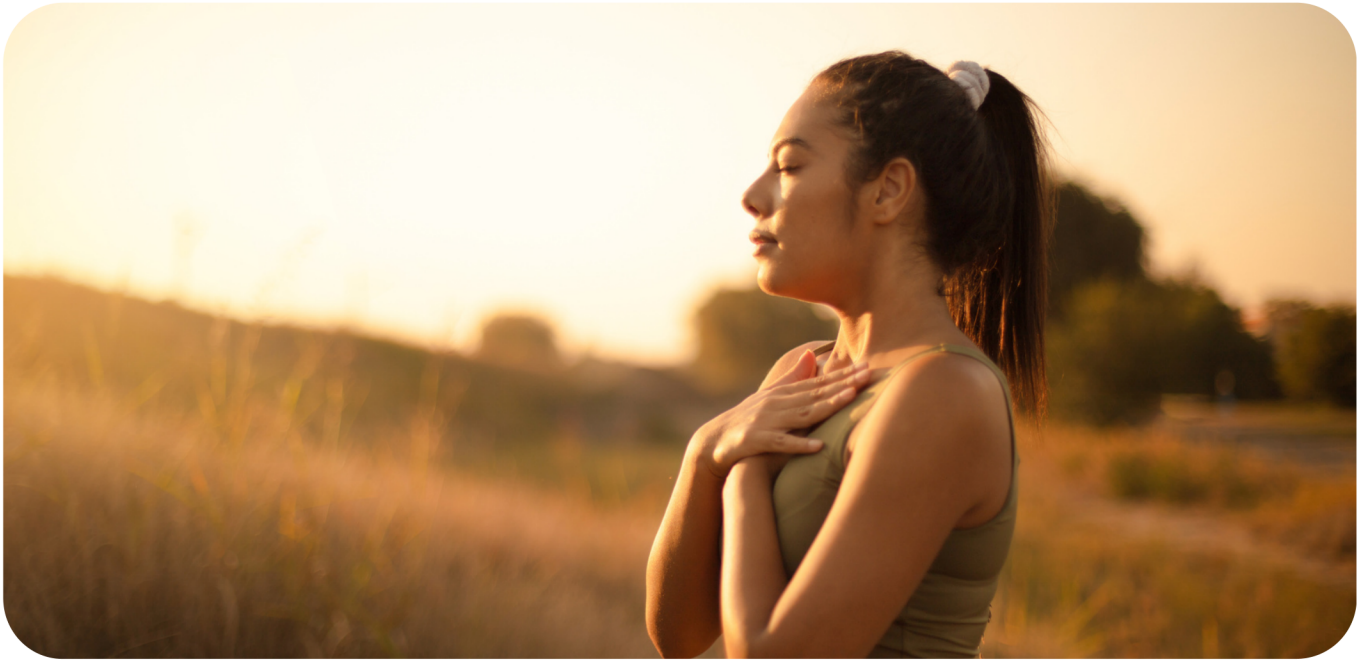
The Wound of Origin: Identify the deep-rooted wound that fuels your fear of standing in your power. What is the underbelly of it all? Acknowledge this wound and allow yourself to be fully present with who you are now.

Confronting Your Wounds



Red Flags: What are your personal red flags? These are the warning signs that signal you're about to activate old patterns of people-pleasing. Be brutally honest with yourself and identify these triggers.

Confronting Your Wounds



Crafting Your Response: Create empowering responses for moments when you find yourself enchanted by someone and are tempted to say yes when you mean no.

Write out incantations, affirmations (there are some starters below), or counter spells that remind you of your worth and boundaries. Practice them and post them around your living space for daily reinforcement.

Response Practices

"Thank you for your offer, but I need to prioritize my own needs at the moment. I hope you understand."

"I appreciate your invitation, but I've learned the importance of valuing my own time and energy. I'll have to decline this time."

"I understand the importance of your request, but I've realized that it's essential for me to set boundaries and take care of myself. I won't be able to accommodate this."

"I've reflected on your proposal, and I've decided it's not aligned with my current goals and aspirations. Thank you for thinking of me, though."

"I'm honored that you value my opinion, but I need some time to reflect and gather my thoughts before giving an answer. I'll get back to you soon."

"I recognize the significance of your project, but I've reached a point where I must prioritize my own well-being. I won't be able to contribute as much as you're asking."

"I've learned the importance of listening to my intuition, and right now, it's telling me that saying yes to this would go against my own values. I hope you can understand."

"I appreciate your enthusiasm, but I've realized that I need to focus on my own growth and development. I won't be able to commit to what you're asking."

"I've reflected on your request, and I've come to the conclusion that it doesn't align with my own priorities and aspirations. I must respectfully decline."

"I value our relationship, but I've learned that saying yes when I mean no only leads to resentment and dissatisfaction. I'm choosing to be honest and prioritize my own happiness."

Remember, practice makes perfect! Role-play these responses, embodying your badass self, until they become second nature. It's time to break free from the spell of people pleasing and stand in your power unapologetically.

Role Playing

Here is another opportunity to practice and playfully notice what comes up for you and where it is in your body. Rather than trying to override it or repress it, think about what tools you can use to support you through the pressure?

Scenario 1: Work

Supervisor: Hey, I need you to take on this extra project. It's a big opportunity for you.

You: Thank you for considering me for this project. However, I have a lot on my plate right now, and taking on more would spread me too thin. I need to prioritize my current responsibilities to ensure I can deliver my best work. I appreciate the opportunity, but I'll have to pass this time.

Supervisor: But this could really boost your career!

You: I understand the potential benefits, but I've learned the importance of maintaining a healthy work-life balance. Right now, I need to focus on my well-being and avoid overextending myself. Thank you for understanding.

Scenario 2: Personal

Friend: Can you help me move this weekend? It would mean a lot to me.

You: I appreciate you reaching out to me, and I understand that moving can be challenging. However, I already have commitments this weekend that I can't change. I won't be able to assist with the move, but I wish you the best and hope everything goes smoothly.

Friend: Are you sure? I really need the help.

You: I understand the importance of your request, but I've learned that it's essential for me to honor my prior commitments and take care of myself. I hope you can find someone else to lend a hand.

Scenario 3: Romantic Relationships

Significant Other: Let's go to this event together. It'll be a great opportunity for us to show everyone how amazing we are as a couple.

You: I appreciate your enthusiasm, and it sounds like a fun event. However, I'm feeling the need for some alone time and self-reflection right now. I think it would be best for me to skip this event and take care of my own needs. I hope you understand.

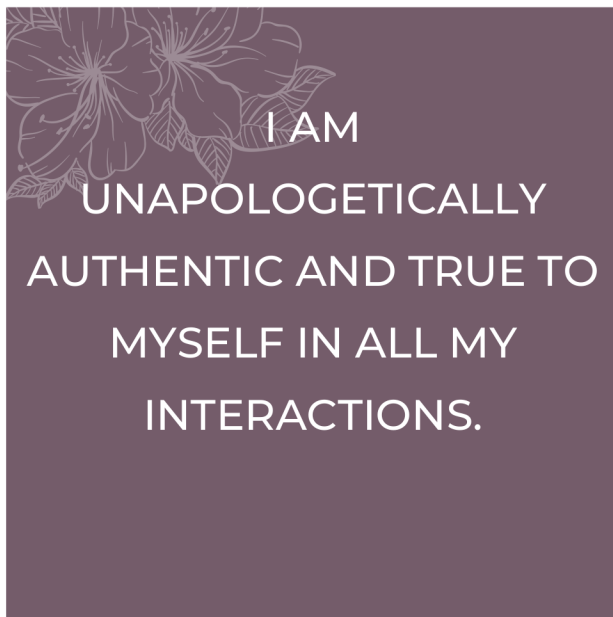
Significant Other: But I really want us to go together. It's important to me.

You: I value our relationship, and I understand that this event is significant to you. However, I've realized that I need to prioritize my own well-being and listen to my intuition. Attending the event wouldn't align with my current needs. I hope you can support my decision.

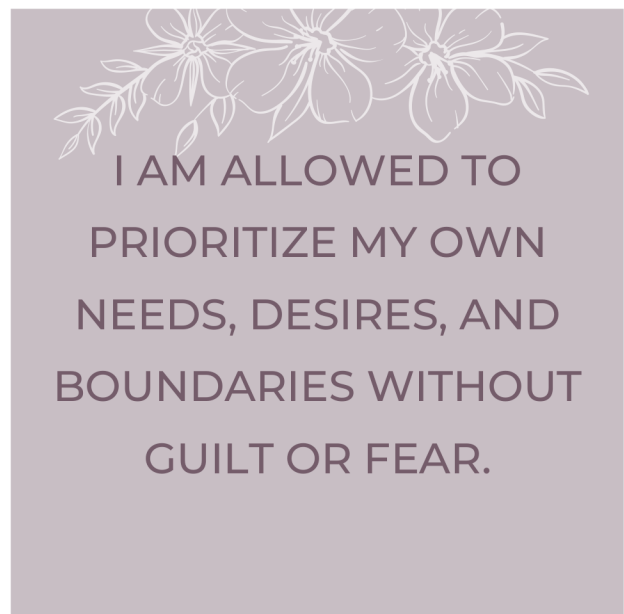
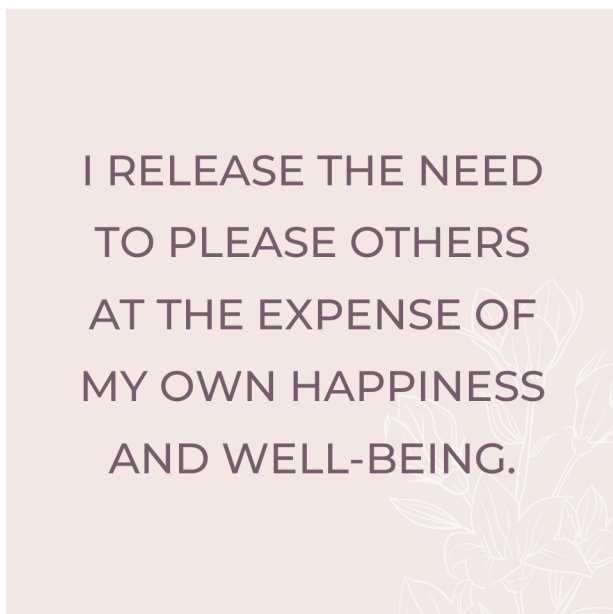
Remember, these role-playing scenarios are designed to help you practice asserting your boundaries and standing in your power. Embrace your inner badass and let these interactions be an opportunity for growth and authenticity in all areas of your life.


Affirmation Cards

Print these affirmation cards to help you shift the patterns. You can laminate the cards, print them on cardstock, hang them on your wall, or add them to your planner.



MY WORTH IS NOT
DETERMINED BY THE
APPROVAL OR
VALIDATION OF OTHERS.
I AM WORTHY SIMPLY
BECAUSE I EXIST.




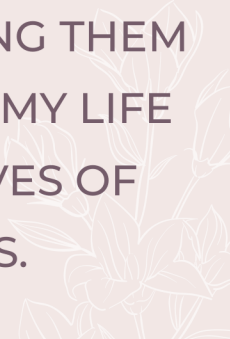


I TRUST MY
INSTINCTS AND
LISTEN TO MY INNER
VOICE WHEN
MAKING DECISIONS.

I STAND TALL IN MY
POWER, KNOWING
THAT MY VOICE AND
OPINIONS MATTER.




I EMBRACE AND HONOR
MY MAGICAL
SENSITIVITIES AND
ABILITIES, USING THEM
TO ENHANCE MY LIFE
AND THE LIVES OF
OTHERS.



I RELEASE THE WOUNDS
OF THE PAST THAT
HAVE HELD ME BACK,
AND I STEP FULLY INTO
THE PRESENT MOMENT
WITH LOVE AND
COMPASSION FOR
MYSELF.







I RECOGNIZE AND
HEED THE RED
FLAGS THAT WARN
ME WHEN I'M ABOUT
TO FALL INTO OLD
PATTERNS OF
PEOPLE PLEASING.

I CONFIDENTLY
ASSERT MY
BOUNDARIES AND
COMMUNICATE MY
NEEDS WITH GRACE
AND STRENGTH.

I CRAFT POWERFUL
RESPONSES TO MOMENTS
WHEN I FEEL COMPELLED
TO SAY YES WHEN I MEAN
NO, REMINDING MYSELF
OF MY WORTH AND
PRIORITIZING MY OWN
HAPPINESS.



ATTRACT AND CULTIVATE
RELATIONSHIPS THAT
HONOR AND SUPPORT MY
LUMINOUS COMMITMENTS,
ALLOWING ME TO GROW
AND THRIVE
AUTHENTICALLY.



Cheat Sheet

This is a suggested distillation, if you have your own distillation create a sacred place for it. Do not allow this to be another thing consumed but not digested. It is the practice that transforms.

1. Embrace Authenticity:

- Prioritize your own needs, desires, and boundaries unapologetically.
- Trust your instincts and listen to your inner voice when making decisions.

2. Confront Wounds:

- Explore the wounds of origin that fuel your fear of standing in your power.
- Release past traumas and embrace the present moment with love and compassion for yourself.

3. Recognize Red Flags:

- Identify the warning signs that signal you're about to activate old patterns of people pleasing.
- Be aware of your own triggers and take proactive steps to break free from them.

4. Craft Powerful Responses:

- Practice responding confidently when tempted to say yes when you mean no.
- Create incantations, affirmations, or counter spells to reinforce your worth and boundaries.

5. Embrace Luminous Commitments:

- Make commitments to yourself and others that prioritize your well-being and authenticity.
- Foster relationships that honor and support these commitments.

6. Crystal Support:

- Red Jasper: Ground yourself in the present and strengthen your energy.
- Rose Quartz: Heal and nurture your sense of self.
- Amethyst: Set boundaries and protect your energy.

7. Herb Support:

- Dandelion Root: Promote interdependence and clear stagnant areas in your life.
- Ginger: Enhance your rootedness and relationship energy center.
- Tulsi (Holy Basil): Support stress relief and gently shift your nervous system.

8. Repeat Affirmations:

- "I am unapologetically authentic and true to myself."
- "I prioritize my own needs, desires, and boundaries without guilt or fear."
- "I stand tall in my power, knowing my voice and opinions matter."

9. Practice Role-playing Scenarios:

- Work: Assert your boundaries and prioritize your workload and well-being.
- Personal: Say no when necessary and honor your existing commitments.
- Romantic Relationships: Communicate your needs and take care of yourself.

10. Embrace Your Inner Badass:

- Embody strength, confidence, and authenticity throughout the workshop.
- Release the spell of people pleasing and step into your power unapologetically.

Remember, this as a quick reference to support you on your journey of breaking free from people pleasing. Stay committed, be bold, and embrace your true self with unwavering confidence. You've got this, badass!

WANT MORE?

At Priestessing Liberation Coaching and Consulting, I support folks in breaking free from societal constraints, embrace your authentic self, and create your own path to personal liberation.

With fierce compassion and unapologetic boldness, we step into a safe space for healing, growth, and transformation.

Together, we challenge the status quo, tear down barriers, and empower you to become the architect of your extraordinary life.

LET'S DISMANTLE
THE F*CKERY!

