



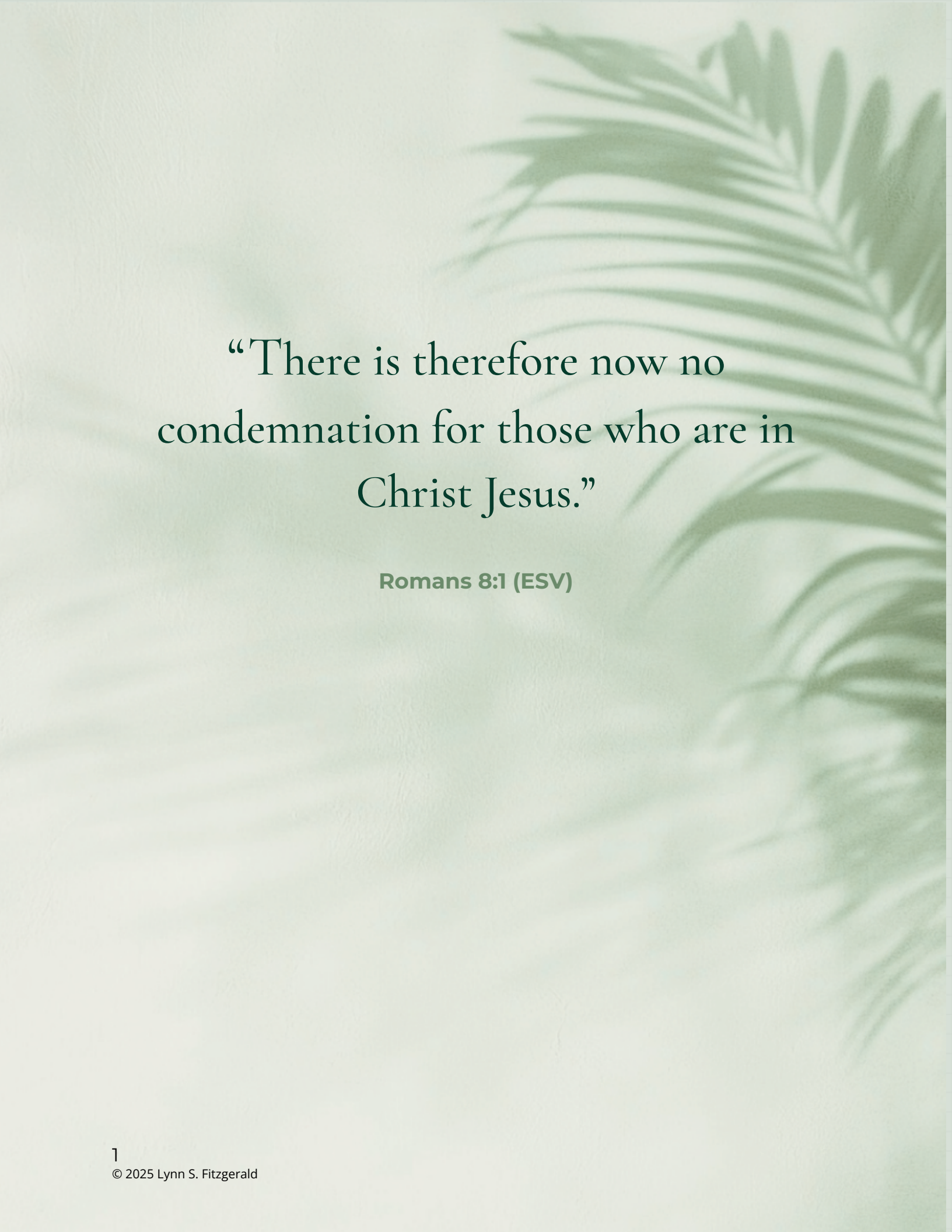
Breaking Free from the Approval Trap

How People-Pleasers Can Stop
Exhausting Themselves Trying To
Make Everyone Else Happy.



**RESPONSE STYLE QUIZ:
PEOPLE-PLEASER RESULTS GUIDE**

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“There is therefore now no
condemnation for those who are in
Christ Jesus.”

Romans 8:1 (ESV)

YOUR RESPONSE STYLE:

The People-Pleaser

"I must have done something wrong..."

Congratulations, you're officially part of the "I'm Sorry to Bother You" club!

(Membership perks include being excellent at keeping the peace and instantly sensing emotional shifts—sometimes before anyone else notices them.)

If you're a People-Pleaser, your emotional autopilot defaults to self-blame and internal criticism. When something goes wrong—or even when things go right—your first instinct is to assume you're inadequate.

This pattern often develops in childhood when taking responsibility feels safer than risking conflict or abandonment. Your brilliant little brain learned that being “bad” was better than being abandoned. Smart survival strategy, actually.

The only problem? You're not seven years old anymore, and that strategy now works overtime in situations where it doesn't serve you.





Finally! Here's What's Been Happening

You've been living with an overactive guilt detector.

It's like having a smoke alarm that goes off every time you make toast—technically functioning, but not very helpful in daily life.

Your autopilot scans every interaction for signs that you've disappointed someone, messed up, or fallen short. And when you're looking for evidence of your inadequacy, you'll find it everywhere.

But here's the plot twist:

Most of the time, it's not actually about you at all.

When a friend seems distant, when your boss gives feedback, or when someone doesn't respond, your autopilot immediately casts you as the villain. Meanwhile, your friend might be stressed, your boss might be helping you grow, and that person might just be busy.



The Hidden Costs of People-Pleasing

Your caring heart and consideration for others are genuinely beautiful traits. But when they become your automatic response, they steal your peace and rob you of authentic connection.

You spend so much energy managing your inner critic and preventing disappointment that there's barely any left for joy, creativity, or simply being yourself.

Here's the irony: In trying to avoid disappointing others, you're often disappointing yourself. And the people who truly matter? They'd rather have the real you—flaws and all—than a perfect version that's exhausted from performing.

Plus, there's this: When you automatically assume everything is your fault, you make it harder for others to take responsibility for their own stuff. Your people-pleasing can enable rather than help.

Try This Reflection

Think of a recent moment when you automatically assumed you were at fault. How might the situation look if you considered other possibilities—or if you offered yourself the same compassion you'd offer a close friend?

Spend a few minutes journaling your thoughts. Awareness is the first step toward choosing differently.

Reflection:

Try This Tool: The Best Friend Test

Your secret weapon against that overactive guilt detector.

1. Pause when your inner critic fires up.
2. Ask: *"What would I say to my best friend if she were in this situation?"*
3. Speak that same kindness to yourself.

Example:

- Inner critic: "You messed up again—you're so irresponsible."
- Best friend voice: "Everyone makes mistakes. You're learning and growing, and that's normal."

The magic: You already know how to be compassionate—you do it for others all the time. Now you're just redirecting that kindness toward yourself.

This week's challenge: Use the Best Friend Test at least once per day. Notice the difference in self-talk and emotional relief.

Reflection:



About the Author

Hi, I'm Dr. Lynn Fitzgerald—a wellness coach and former pharmacist who helps women like you uncover the hidden emotional patterns that keep them stuck, so they can finally create the change they've been praying for.

After years in healthcare, I saw firsthand how our automatic emotional reactions—whether people-pleasing, defending, controlling, or escaping—affect every area of life, including our health. That's why I created practical, biblically-rooted tools to help you recognize these patterns, clear internal blocks, and align with what matters most.

You don't have to stay trapped by reactions you can't seem to change. There's hope, there's help, and there's a better way forward.

Let's Connect

Here's where I most often hang out. Love to see you there!

- Facebook: www.facebook.com/LynnFitzgeraldWellness
- Instagram: www.instagram.com/lynn_fitzgerald_wellness/
- LinkedIn: www.linkedin.com/in/lynnsfitzgerald/
- Website: www.Made-New.com



Your Next Step: Understanding This Season

Recognizing your People-Pleaser response tendency is an important insight—but insight alone doesn't tell you what this season is asking of you.

Before focusing on changing how you respond, it helps to step back and discern **what God may be shaping or inviting you to release right now.**

Discern This Season is a short, faith-centered guide to help you interpret this chapter of life—so you respond with clarity instead of urgency.

Download:

[Discern This Season Guide](#) →