



HEADSTRAIGHT – SEASON 2, EPISODE 4

Title: How to Stop People Pleasing and Put Yourself First

Quick Reference Cheat Sheet

MAIN POINTS

- **People-pleasing isn't kindness—it's survival.** It's often rooted in past environments where being agreeable felt safest.
 - **It hides in 'harmless' roles.** The chill one. The helper. The one who never says no—but quietly burns out.
 - **Guilt is a reaction to change—not wrongdoing.** It's your nervous system flagging unfamiliar territory, not actual harm.
 - **You can choose yourself—without apology.** But expect discomfort before ease.
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TOOLS & STRATEGIES

- **Say a Direct No:** Keep it simple and firm. No backup plan. No apology tour.
 - **Schedule Yourself In:** Protect your time like any other important plan—because it is.
 - **Let Guilt Come, But Don't Let It Win:** Notice the guilt, name it, and hold your ground.
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REFLECTION QUESTIONS

- When was the last time you put yourself last—and why?
- What version of 'you' are you afraid of disappointing?
- If no one judged you, what would you say no to today?
- What's one thing you can claim back this week—time, energy, or space?

 LIGHTBULB MOMENTS

- *“People-pleasing is not who you are—it’s who you became to avoid harm.”*
- *“Guilt isn’t truth—it’s just the alarm system of a script you’re breaking.”*
- *“You’re not selfish for choosing yourself. You’re just not invisible anymore.”*