

🞧 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.

## **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.

## ? 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."