



Episode 110: How to Stop People Pleasing and Absorbing Other People's Angst

with Dr Karen Forshaw & Chrissie Mowbray

It's not unusual to want other people to like us. But sometimes, it can breed toxic habits that make us blind to our own intrinsic value or shortcomings. In this episode, Karen Forshaw and Chrissie Mowbray join Rachel in discussing why we often seek to please others so much that we define our worth based on them — and how you can overcome that desire to please others, especially when it becomes unhealthy.

If you want to become more secure with yourself and regain control over your thoughts and emotions, then this episode is for you.

Podcast links

Check out our [Permission to Thrive CPD membership](#) for doctors.

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[You Are Not A Frog Episode 10 – What we're talking about when we talk about Compassion Fatigue](#)

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Check out the [Faculty of Medical Leadership and Management](#) if you want to attend the Leaders in Healthcare conference and attend my face-to-face workshop on leading without rescuing.

Are you interested in joining our You Are Not A Frog retreat? Or perhaps you have some questions about failure. Drop us an email at hello@youarenotafrog.com to let us know!



Guest links

Connect with Karen: [LinkedIn](#)

Connect with Chrissie: [LinkedIn](#)

[Resilient Practice website](#)

[How to Rise: A Complete Resilience Manual](#)

Quote to remember:

'If you have negative core beliefs rippling along underneath, they influence how you think, they influence how you feel, and that influences what you do and what you say.'

What You Will Learn

Humans are social creatures; we want to belong, and we want others to like us. After all, that's an essential part of interacting and forming relationships with other people. However, there's always that danger of basing your worth on how pleased people are with you.

This activity helps you explore the underlying reasons behind your desire to please people, whether negative core beliefs or "shadows" buried deep within you. Acknowledging and addressing these reasons will help you get a better grasp of your thoughts and feelings. Doing so empowers you by giving you more control.

Completing this exercise will help you be more conscious of your thoughts, words, actions, and feelings. You'll be able to stop letting other people dictate your worth, be more secure in yourself, and adopt healthy habits and mindsets.



Activity: Being Conscious of Yourself

Q1. Write three negative core beliefs that you might have. Describe how they influence your thoughts, words, and actions.

1.

2.

3.

Q2. Take the three negative core beliefs and turn them into positive ones or find some equally true ones and write them in the table below. Then, write some actions and mindsets that help you focus on the positive ones.



Negative Core Belief	Positive Core Belief	Actions & Mindsets

Q3. Externalizing your locus of control disempowers you. **Write five ways which would help you to create or strengthen an internal locus of control.**

1.

2.



3.

4.

5.

Q4. How do you handle mistakes?

Q5. Sometimes, someone might be upset or disgruntled even when you haven't made a mistake. Write responses you can use rather than reflexively saying 'I'm sorry.' in these situations.

1.

2.

3.

4.



Q6. Compare empathy and compassion in terms of how they affect your words, actions, thoughts, and feelings.

Empathy	Compassion

Q7. How do you know if a situation requires empathy or compassion?

Q8. Acknowledging your 'shadows' can help you stop judging yourself and others. List three 'shadows' or things you dislike about yourself.

1.

2.



3.

Q9. Why is it important to set or reframe boundaries? How does this change the way you experience and respond to things?

Q10. Journaling is a great way to be conscious of yourself and understand of your thoughts and emotions.

Observe yourself for a week. In the first column, observe your words, actions, thoughts, feelings, and behaviours. In the following two columns, write three things you're grateful for and three lessons you learned each day.

Sunday		
Observations	Three Things You're Grateful For	Three Lessons Learned



Monday		
Observations	Three Things You're Grateful For	Three Lessons Learned

Tuesday		
Observations	Three Things You're Grateful For	Three Lessons Learned



Wednesday		
Observations	Three Things You're Grateful For	Three Lessons Learned

Thursday		
Observations	Three Things You're Grateful For	Three Lessons Learned



Friday		
Observations	Three Things You're Grateful For	Three Lessons Learned

Saturday		
Observations	Three Things You're Grateful For	Three Lessons Learned

Q10. How did being more conscious of your thoughts, actions, and feelings affect you and the people around you?



CPD time claimed:

For more episodes of *You are not a frog*, check out our website www.youarenotafrog.co.uk follow Rachel on Twitter @DrRachelMorris and find out more about the [Permission to Thrive](#) CPD membership for doctors and online and face to face courses on surviving and thriving at work at www.shapestoolkit.com