

## ■ **People-Pleasing Power Pack**

*A guide for ADHD women — with tools therapists can use in session*

# Page 1: The People-Pleasing Cycle

■ Reflection: Write your own cycle below.

## 1. Fear of Rejection (RSD trigger)

## 2. Automatic Yes / Silence

## 3. Over-Commitment

## 4. Body + Emotional Signals

## 5. Shame + Self-Blame

## 6. Cycle Repeats

## Page 2: The 30-Day Boundary Practice

■ Check off each day when you pause, honor a boundary, or notice body signals.

Day 1	Paused?	Boundary?	Body Signal?
Day 2	Paused?	Boundary?	Body Signal?
Day 3	Paused?	Boundary?	Body Signal?
Day 4	Paused?	Boundary?	Body Signal?
Day 5	Paused?	Boundary?	Body Signal?
Day 6	Paused?	Boundary?	Body Signal?
Day 7	Paused?	Boundary?	Body Signal?
Day 8	Paused?	Boundary?	Body Signal?
Day 9	Paused?	Boundary?	Body Signal?
Day 10	Paused?	Boundary?	Body Signal?
Day 11	Paused?	Boundary?	Body Signal?
Day 12	Paused?	Boundary?	Body Signal?
Day 13	Paused?	Boundary?	Body Signal?
Day 14	Paused?	Boundary?	Body Signal?
Day 15	Paused?	Boundary?	Body Signal?
Day 16	Paused?	Boundary?	Body Signal?
Day 17	Paused?	Boundary?	Body Signal?
Day 18	Paused?	Boundary?	Body Signal?
Day 19	Paused?	Boundary?	Body Signal?
Day 20	Paused?	Boundary?	Body Signal?
Day 21	Paused?	Boundary?	Body Signal?
Day 22	Paused?	Boundary?	Body Signal?
Day 23	Paused?	Boundary?	Body Signal?
Day 24	Paused?	Boundary?	Body Signal?
Day 25	Paused?	Boundary?	Body Signal?
Day 26	Paused?	Boundary?	Body Signal?
Day 27	Paused?	Boundary?	Body Signal?
Day 28	Paused?	Boundary?	Body Signal?
Day 29	Paused?	Boundary?	Body Signal?

## Page 2 (cont.): The 30-Day Boundary Practice

Day 30

Paused?

Boundary?

Body Signal?

## Page 3: Therapist ↔ Client Translation

Fill in your own reflections or client-specific scripts below.

**Normalize people-pleasing as trauma-responsive, not flaw.**

**Connect 'good girl' conditioning to masking.**

**Role-play scripts for practice.**

**Encourage journaling for pattern awareness.**

**Offer somatic resets in session.**

## Page 4: System Lens Sidebar

■ It's Not Just You — reflect on how systems shaped your people-pleasing.

### School conditioning reflection

### Workplace reflection

### Gender bias reflection