

## Flourish Shift: Refresher Moving to New Skills

Old Coping Pattern	→	Flourish Practice
People-pleasing	→	 Self-compassion
Hiding	→	 Self-awareness
Perfectionism	→	 Self-accommodation
Self-suppression	→	 Self-care
Staying silent	→	 Self-advocacy

You don't need to change **who** you are.

You need support and understanding for **how** you work.