

FACT SHEET

WHEN YOU GIVE INTO PEOPLE PLEASING YOU:

1. Lose relationship with God among the demands of needy people.
2. Obsess intensely over what others think about you.
3. See no opinion.
4. Listen more to what others say than what they do.
5. Are exhausted with demanding and un-fulfilling relationships. Many if not all become "missionary projects."
6. Survive from one crisis to another.
7. Experience a host of stress related illnesses.
8. Feel obligated to give and resent it.
9. Will attempt to reconcile with another at any price.
10. Labor more and more and are left empty and unproductive.
11. Are easily manipulated by flattery.
12. Feel insecure and out of place most of the time.
13. Often see yourself as worthless and of little to no value.
14. Are willingly torn to shreds by people the Bible refers to as swine, dogs and wolves.
15. Can become sexually entangled in illegitimate and abusive relationships.
16. Are so consumed with the faults of loved ones that you do not see your own contributions to relationship problems.
17. Become blurred and confused in your personal direction.
18. Have buried anger and resentment as primary feelings.
19. Violate personal beliefs and standards to "make others happy."
20. Lie about feelings of being taken advantage of and other hurts.
21. Are easily fooled by false promises and token efforts to change by manipulators.
22. Enable partners to drink, use drugs and abuse others in the name of "helping them."
23. Try to create close friendships with people whose only agenda is to "suck you dry."
24. Have few hobbies and personal interests because energies are spent people pleasing.
25. Feel that life is out of control with no way that it can be changed.
26. Deny the still small voice of the Holy Spirit especially if it involves risk or conflict.
27. Feel responsible for other people's behavior.
28. May allow spouse or others to mistreat your children and family.
29. See significant others as your "life," salvation and means of fulfillment.
30. Have little or no time for recreation and solitude.
31. Are waiting passively for a miracle to solve your problems.

THE PRACTICE OF SERVANTHOOD GIVING:

1. Maintain a close relationship with God while serving others through your calling.
2. Acknowledge that rejection and being misunderstood are inevitable.
3. See many options.
4. Judge a person's character more by their actions, than by their words.
5. Allow time for restoration and relaxation without guilt!
6. Chose thriving and growth over mere survival.
7. Reduce your stress by having realistic expectations of God, yourself and others.
8. Chose to give and enjoy it.
9. Recognize that reconciliation takes the effort of two people not just one.
10. Do less with greater success and satisfaction.
11. Recognize the difference between sincere feedback and attempts to manipulate.
12. Experience secure feelings and a sense of belonging.
13. Recognize that you are precious creations of God called to be his ambassador.
14. Recognize the evil of some individuals and relate with strong boundaries or not at all.
15. Are able to maintain sexual boundaries because the bases (good relationships, faith, and recreation, clear calling) are established and practiced.
16. Are able to see the short comings of yourself and loved ones, yet choose to focus on how you can respond to others and grow.
17. Experience clarity and focus in your personal mission and dream.
18. Are able to express anger in an appropriate and productive way.
19. Hold onto your integrity, knowing that there will be negative responses.
20. Honest about situations that cause you to feel violated.
21. Looks for consistent ongoing changes by those who are promising reforms.
22. Recognize that "helping can be harmful" and are able to pull away allowing partners to hit bottom if necessary (Jesus and the rich young ruler)
23. Realize that an inner circle of friends where there is mutual support and love is necessary (e.g. Jesus and Peter, James and John.)
24. Actively participate in hobbies or interests that are restoring and fulfilling.
25. Feel that goals are accomplished in life and are eager to accomplish more.
26. Risks following the creative call of the Spirit into new and different adventures.
27. Are responsible to others but not for their choices.
28. Will demand safety and dignity for your children and other loved ones.
29. Enjoy the richness relating to others can bring while maintaining your own calling and life goals.
30. Wisely choose time for recreation and are comfortable with and look forward to being alone.
31. Become a miracle through action and faith to solve many problems.

Dr. Downing is available to see clients at the Fullerton office. Call 1-800-998-6329 today to schedule an appointment!