Four Steps to Stop People-Pleasing

+ Take Back your Power





Hi, I'm Debbie

I'm a board-certified mental health coach with training in Women's Coaching, Life Coaching and Interpersonal Neuroscience.

My goal is to help women reclaim their lost potential, breakthrough their limiting beliefs, and move forward in healing.

You can't heal trauma without telling the truth and I'm here to tell you that your story matters! With me, you'll find a safe place to share your story without fear of judgement or rejection.

This workbook on stopping the people pleasing was pivotal in my life and my hope is that it gives you perspective to want more freedom in yours. Let's get started!

Debbie Utz



Become more self aware, listen to yourself and realize you actually have a choice. You can choose what you allow in your life and what you don't allow. YES! It's true!

Journal your thoughts below.



Let your "no" be NO. Avoid all excuse making. Excuses are you being uncomfortable saying no and sitting in the awkwardness of what your NO might result in (such as rejection or judgment).

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Advocate for and believe in yourself. You value everyone else's voice and expertise over your own as a people pleaser. There have been many times that I have experienced a feeling in my gut that something wasn't right but, because I didn't trust myself, I silenced my voice, did it their way, and it was completely wrong. Seeing this with my own eyes has helped develop more trust in myself and confidence to use my own voice.

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Step 4

Sit with the fear. The fear is what keeps you in bondage to other people's opinions about what you are doing. This is very uncomfortable but very rewarding as you drag your fears into the light and slay them. You will grow in your ability to be okay no matter the response.

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Do you feel that you would benefit from more support? Please don't hesitate to reach out. I offer 1:1 coaching that provides the deep, internal work that's needed to move forward in healing. You don't have to navigate it alone.

For more information, or to schedule a discovery call, please visit my website at debbieutz.com or send me an email debbieutz@gmail.com. You can also follow me on Facebook, Instagram + Pinterest.

