

RECOVERING PEOPLE PLEASERS Group



Do you see yourself in the statements on the right?
Are you ready to take control of your time and build self-care routines?
Do you want to learn how to say NO to other's needs and YES to your own?

Have you started the journey already?

Are you looking for peers to collaborate with & learn from?

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**Join Us for our weekly
group with peers!**

Sadie Harmon, LPC, Group Facilitator, guides participants in healthy, meaningful discussion, while providing education and building useful daily skills you can put into practice today.

When? Fridays from 9:30-10:30am. Ongoing, Weekly.

Where? Virtually (Due to COVID-19 restrictions). Secure link will be shared with group members following registration.

Why Join? This is a continuous, open collaborative group. We will follow a format of discussion, shared coping strategies, resources, providing a sense of community, and explore various aspects of co-dependency, aka people pleasing behaviors. Benefits of this type of group include discovering you are not alone, feeling validated, supported, and connected as well as learning valuable information and tools to increase your quality of life. Join others on the recovery journey.

How? Complete a quick (one time) registration form, prior to your first session. You can receive the form by emailing info@elitecognitionllc.com or calling 608-286-1132 x10.


Cost? \$25 weekly charged to credit card on file at time of session. \$85/month if you pay for 4 sessions at a time You may also pay by cash/check. *CCS programing participants should register through your Service Facilitator.

10 Signs You Are A People Pleaser

- YOU AGREE, EVEN WHEN YOU DISAGREE —
- YOU APOLOGIZE TOO MUCH —
- YOU ALWAYS HAVE SOMEONE —
— DOUBLE-CHECK YOUR WORK —
- YOU ARE CONSTANTLY BURDENED BY —
— OTHER PEOPLE'S FEELINGS —
- YOU RARELY ACCEPT CREDIT OR PRAISE —
- YOU TAKE BLAME WHEN IT'S NOT YOURS —
- YOU ACT LIKE THE PERSON —
— AROUND YOU —
- YOU ALWAYS SAY YES —
- YOU NEED EVERYONE TO LIKE YOU (EVEN —
— THE PEOPLE YOU DON'T LIKE) —
- YOU AVOID ANY AND ALL CONFLICT —



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