

WHEN PLEASING YOU IS KILLING ME



A WORKBOOK

SMALL-GROUP
LEADER'S
GUIDE
INCLUDED

LES CARTER, PH.D

Coauthor of the Best-Selling The Anger Workbook

When Pleasing You Is Killing Me A Workbook

Jane Bartelmes



When Pleasing You Is Killing Me A Workbook:

When Pleasing You Is Killing Me Les Carter, 2007 Nationally known psychotherapist Les Carter formerly of the Minirth Meier Clinic shows readers how to develop their God given gift of service without allowing others to take advantage of them

When Pleasing You Is Killing Me Les Carter, 2018-06-23 While people pleasers can be some of the nicest people you ll meet they have an uncanny knack for finding themselves in relationships with controllers Knowing how pleasers are motivated by duty and obligation the controllers will persuade cajole argue and convince knowing they can erode the resolve of the pleaser rather quickly This of course leaves the pleaser with residual feelings of hurt anxiety and resentment Because pleasers are not as skilled in the art of coercion as the controller they can collapse in feelings of futility In the book **When Pleasing You Is Killing Me** Dr Les Carter explains how the pleaser can become freed from futility by choosing to stay out of the controller s power games altogether Drawing upon decades of counseling with a wide array of frustrated nice people Dr Carter gives sound direction to those seeking to reclaim their true selves Relationship boundaries are explained assertiveness is taught and insights are offered as the reader is guided into a paradigm shift regarding the ways to respond to a controller

The Anger Workbook Les Carter, Frank Minirth, 2012-10-29 A field guide to understanding and managing anger what it is where it comes from and how to get it under control Many people assume that anger is the emotion that leads to raised voices and violence and this kind of explosive rage is certainly a reality But there are many different types of anger from the simmering to the shutting down Most of us experience some form of anger or its effects The good news is that anger can be controlled Founded on thirteen faith based steps designed to recognize and manage anger **The Anger Workbook** is an interactive guide to transforming patterns and behaviors with the help of biblical principles and evidence based treatment Best selling author and practicing counselor Les Carter Ph D and author and Christian psychiatrist Frank Minirth M D draw on their years of experience and expertise to demystify the problem of anger Throughout this workbook you will learn How to identify situational anger in yourself or others as well as patterns of relating thinking and behaving that may lead to feelings of anger How emotions like fear loneliness and inferiority create anger How to uncover and eliminate myths that perpetuate anger such as Letting go of my anger means I am conceding defeat Or No one understand my unique problems For parents how to manage a child s anger As we get to know and understand anger whether it s our own or a loved one s its management becomes far less daunting Anger can be controlled

The Heavens of Idolatry Lisa Stough, 2015-08-25 So you say youre not a perfectionist Your idea of a perfectionist is someone who is well on their way to being perfect and that does not describe you Perfectionism is so cleverly disguised by its symptoms and ripple effects but the problem is the same at the heart idolatry **The Heavens of Idolatry** challenges Christ followers to consider the possibility that other gods may have set up a throne in their heart As believers we may find ourselves living to please these gods with our identity and worth hanging in the balance of acceptance Or being the diligent Christians that we are we may have elevated

ourselves by setting impossible standards for someone else It is the striving and confusion that ensue that causes big problems in a persons life Lisa Stough writes to fellow perfectionists as well as all Christians who are tired of hiding inside their Sunday clothes who have given up on God all together or who might be wondering what the big deal is about perfectionism She brings Scripture insight and experience together into a journey you can call your own Loving Yourself Sherrie Campbell PH.D.,2012-12-03 The purpose of this book is to set you free to be who you really are As you love who you are you will find that you move through life holding your head slightly high and your chest will be expanded and open for love and receiving Your neck will be long and lean your throat open showing you are always ready to share and relate You will know who you are and therefore will feel comfortable to be fully expressed You will no longer worry about what others think of you Why Because you love yourself flaws and all When you love your Self and have your boundaries in place there is not much that can take you off center for too long This book encourages you to shine in your own full expression in this beautiful life where you know you are loved just for being exactly who you are *Coping with Difficult Families* Jane McGregor,2014-02-20 We all have family members who push our buttons Some are poor communicators others are anti social and the rest are out to make our lives a misery With a strong emphasis on empathy and emotional intelligence the book offers practical advice on how to break dysfunctional family dynamics and interact effectively with other members **My Path from Doormat to Dignity** Jane Bartelmes,2020-02-18 Although there are a number of good books on the market that address the topic of emotional abuse My Path from Doormat to Dignity is unique It is a personal and passionate story born of pain written by a recovering doormat me that learned her lessons the hard way Using in depth biblical analysis and personal journal entries this book chronicles how one by one I unmasked the lies that fed my passivity and uncovered the truths that set me free Dignity is distinguished from pride discernment from judgement and forgiveness from reconciliation Numerous biblical examples regarding how to be appropriately assertive are cited Jesus Paul and Job in particular Personal illustrations expose the red flags of emotional abuse and the do s and don ts of appropriate confrontation are addressed Quotes from CS Lewis Jane Austen popular movies and TV talk shows add relevancy color and depth I write with the sincerest hope of coming alongside a fellow sufferer someone who feels overwhelming fear and false guilt at the prospect of being assertive

Poems and Healing Practices Dorothea Lotze,2025-08-12 Body Mind and Spirit are intricately linked when one suffers the others follow Conversely when one heals so do the rest The author a mindfulness meditation and yoga teacher was born in Germany and immigrated to the United States With over 30 years of experience working with survivors of religious abuse she is a liberal Christian minister dedicated to interfaith efforts that identify and heal the wounds of toxic spirituality As a licensed Marriage and Family Therapist LMFT she specializes in trauma and recovery from narcissistic abuse Through her unique approach which incorporates poetry the author guides readers toward their inner authentic selves offering liberating resources and practices designed to facilitate healing *Take the DE- Out of Depression and Press On!* Janine A. Alexander

M.S.E.,2024-11-19 Take the DE Out of Depression and Press On encourages readers to ask themselves the tough questions that lead to self discovery and spiritual awareness Janine A Alexander M S E has struggled with clinical depression for twenty years Alexander s own experiences with depression will inspire readers to find their way out of the darkness that often accompanies mental illness About the Author Janine A Alexander M S E holds her master s in education with an emphasis on Health Fitness Exercise Physiology She taught high school and middle school science particularly biology for 16 years Her passion for fitness led to being a nationally ranked triathlete at 28 years old before starting her family Alexander has three adult children Amanda Chase and Autumn who have successful careers She has one grandson Oliver and one granddaughter Rosie Alexander is also a published songwriter with BMI and a member of NSAI of Nashville TN **BREAK THE HABIT OF PEOPLE-PLEASING** FRANKLIN S.R.,2021-06-07 This book will serve as a guide for establishing limits and cultivating the assertiveness required to keep them You ll learn how to say no in any case at home or at work based on your beliefs And most of all you ll learn how to persuade your friends and family members employers colleagues and neighbors to respect your limits and acknowledge your personal integrity

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