



Break Free From The Urge To Overgive

Self-Reflective Questions

Am I Acknowledging What's True For Me?

If I'm really honest with myself, am I giving because I fear that I won't be valued or wanted if I don't?

Am I sacrificing my own needs, and maybe beginning to feel a bit resentful?

Do My Beliefs Still Hold True Today?

Now that I'm an adult does it still make sense that people will only like me if I keep giving them things?

What do I keep telling myself that reinforces the idea that giving to people means they'll stick around?

What May Happen If I don't Give?

What am I afraid will happen if I appear to be less generous? How likely is this?

If they disappear from my life because I'm not giving them so much, what will that tell me about the relationship?

What Is My Body Telling Me?

When I consider giving to this person, what do I feel in my body?

Do I feel a warm glow in my heart at the idea of looking to be so kind and generous?

Do I feel a sinking feeling in my stomach because I'm under pressure to keep connected with them?

How Old Do I Feel When I Think About Giving To This Person?

Do I feel very young and insecure, or like a self-assured confident adult?

Am I remembering feeling left out or less loved when I didn't give others what they wanted?

Am I Practising Self-Acceptance?

Am I open to accepting myself as I am, recognising my own worth - without needing to prove myself by giving?

Could I let go of any criticising thoughts or self-judgment about whether I give or not, and just allow myself to do what feels right for me.

Am I Choosing To Live From Intention?

If I keep giving, what am I sacrificing? Am I denying myself my own time, energy, or well-being?

Am I making a conscious choice to give to this person or is it a knee jerk reaction to buy their affection?

Am I Seeing Myself As Ever Evolving?

If I stop overgiving - could I see it as part of my journey to let go of people-pleasing?

Am I open to seeing that if someone didn't want me in their life, it's part of a much bigger and more complex picture, and not a reflection of my worth?

Marléne Rose Shaw ©

www.marleneroseshaw.com