

Living Free



A Guide to Living Free
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5 Steps To Heal From People Pleasing

Hey You! I am so happy you grabbed this freebie! When I thought about giving a freebie, I asked myself “Taneshia what is something you wanted to know when dealing with codependency?” The first thought that came to mind, is remembering how desperate I was to figure out how to get over it. Everyone was telling me to go to therapy or counseling- but no one was saying how to really heal from it- including my therapist. It was like people were stuck, or dumb founded at the idea that I didn’t want to keep talking about not taking care of myself I wanted to put some action to it! 7 years later, here I am. Using these same 5 steps that I am sharing with you. And let me tell you, they are a game changer! Are you ready! Let’s go!



Stepping Out of Denial: We must allow ourselves to feel our emotions. We tend to be so focused on trying to get to the next level of our life that we fail to see what’s not working for us in the current moment. We gaslight ourselves and put on a façade that we start to believe is our reality. Gas lighting yourself looks like saying things like the following: “Maybe I’m not as smart as I thought”, “I am crazy, just like everyone says”, “Maybe I should give up, I am not going to succeed anyway.”

When we allow ourselves to feel our emotions and see our reality, we start to understand that our lives are unmanageable. We do need help in addressing certain areas of our life, and lastly- we deserve to live free from negative thoughts and emotional baggage.



Re-identification: In this phase we start to accept the areas we need to work on and we take ourselves through a re-identification process. We admit that our past was traumatic, that we are hurting, and in need of healing. We accept the negative messages that others told us as well as the messages we told ourselves. We start to feel our emotions from the past as well as the present. We are no longer freezing them or acting as if they do not exist. Freezing our emotions look like us subconsciously pushing away feelings of sadness, hurt, and pain. Freezing emotions comes from childhood years. At one point it wasn't accepted or wasn't safe for us to feel our feelings, so we learn to act as if they didn't exist. Detaching from toxic people, letting go of negative self-talk, and reconnecting with God/ Our Higher Power becomes extremely important in this phase. We getting back to who we are outside of our roles is the goal.



Self-awareness: Healing while living our lives looks like us becoming more self-aware and using self-awareness as a tool to help us better understand our needs and why we are important; important enough to make necessary changes to have internal joy. Self-awareness is the new pillar we stand on to make decisions that are best for us. For example: When we are self-aware, we understand our past and how it can possibly affect our future. We start to become conscious of what we want and need and how to claim it. We know that the pain from the past has damaged us and we make a commit to ourselves to live differently i.e, not allowing people to abuse us verbally, emotionally, or physically, setting boundaries with others to keep ourselves safe, and learning to create our own rules in life- no longer living the restricted rules we had in our childhood life that made us feel guilty or shameful when we did something for ourselves.

Next, we create a strategy: We build a self-care plan for ourselves. That involves protecting the most important person we know- us. We begin to work with a therapist, coach, or counselor to gain support in understanding our story, childhood experiences, and the behavior patterns we have learned that are affecting us now. In this step we try and practice self-compassion and patience for ourselves. The coping mechanism and behavior patterns we learned didn't come to us overnight, therefore unlearning them will not either. It will take time for us to learn different ways to get our needs met and function. We have to remember that supporting others first has been our life for many years, it will take time for us to understand who we are and what we need.



Making Self a Priority: In this final stage we start to realize that our needs are important. We have gained some practice in putting ourselves first and now we take more effort to do it consistently. We are no longer suppressing our feelings. We have learned from our mistakes in life and striving to make different decisions with self-compassion and forgiveness. We may still find ourselves feeling guilty or shameful when we set boundaries, but we don't allow it to overpower us and make us feel bad.



I HOPE THESE STEPS CAN KICK START YOU TO YOUR NEW LIFE OF SELF-CARE AND LIVING FREE!

Let's stay connected!

- Use [this link](#) to join my Facebook group.
- [Click here](#) and Purchase my book here and learn more about my journey and how I applied these very 5 steps to my own life.
- Struggling to set boundaries? Click [this link](#) and grab my webinar. This webinar is 50 minutes long and also comes with 2 PDF activities. I will teach you how to set boundaries for yourself that WORK! And, how to avoid gas lighters, narcissistic, and toxic people.
- Ready to JUMP RIGHT into a session with me! LET'S GO! [CLICK HERE.](#)

Thank
you

