life lessons from a people pleaser

TheWizardLiz
Hi guys, welcome back to my channel. My name is Liz. Um, okay, so today I've decided to do things differently. I want to share some life lessons with you guys that I have learned, uh, being an extreme people pleaser. You know, people pleasers, they see the world kind of differently, and you know why? Because people really treat them differently, and they treat them like, you know, trash basically. Yeah, if you're a people pleaser and you're watching this, you know what I mean.

You know, I have been bullied my whole life. Like, in my house, I was bullied, and in school, I was bullied. And I'm not talking bullied as in, like, "Oh, just making fun of my appearance." No, no, I was physically hit. I don't really want to go into my bully story. I, uh, I think I will in, like, an interview or a podcast that I do if you guys are interested. But to give you guys a little context, like, there was one school that I was severely bullied at. Where basically there was this one instance that, like, the guys in the class that used to bully me, they, uh, told this other guy who was also getting bullied in my class, um, to punch me in the face.

And I honestly, I was just minding my business because I was like, "Just leave me alone." You know, I was just doing my stuff on the computer. And then they, they were really rattling this guy up to punch me in the face. And then that guy, I knew he didn't want to do it, but obviously, if you're getting bullied and then they're pressuring you, he came over and he literally punched me in the face. And I looked at him, and obviously, it hurts, so I started crying. And I ran to the principal's office and I was like, "When are you guys gonna help me? Like, I'm literally getting bullied during gym classes."

They, like, the guys would throw the basketballs, I mean, really hard, that I would walk out of the class, like, crying and bawling my eyes out. But it wasn't only men that were bullying me, women as well. Like, uh, in another school I was going to, like, for example, these girls thought it was funny to roll me up into a carpet during gym class and I couldn't breathe. I literally thought I was dying. I was like, "Please, release me!" I was yelling, and they couldn't even hear me? I thought at that moment I was dying. But you know why I was getting bullied so much? Because this girl could not stand up for herself. This girl literally had no boundaries, and I would do anything and everything to just be liked by people.

You know, sometimes you cannot fit into places because you were meant to stand out. And I did not realize this. I did not fit in. I did not, because I was not like the rest. I literally was the weird one out. I did not think like the other people in my class. I had a really weird understanding of the world. So I wanted to constantly dim myself in order to fit in with them, and they didn't like me.

The thing as well was that at home, I would never tell my parents or my siblings that I was getting bullied because I had so many issues at home already. And I was getting abused at home as well, so I didn't want to be like the drama child or the child that brought issues home, you know? So I would just, like, suck it up, suck it up.

And there was one time that my sister actually found out that I was getting bullied because she went to the school where I was, like, physically hit and stuff by those men. And basically, one of my former classmates, these girls, she had told her, like, "Oh my God, like, you don't know how much your sister was getting bullied in this school and all these things." And my sister came home and she was like, "Liz, like, were you getting bullied?"
And I was like, "Huh? No." You know, I was so embarrassed. And she was like, "Why did you not tell me?" And my sister's like the kind of person, like, she does not get bullied. You do not talk to my sister disrespectfully. Anything. My sister has this mentality of, like, "I'd rather have people fear me than disrespect me." So people would not treat her the same way.

I was brought up in a way that was like, "Okay, Liz, you are gonna listen. If you don't listen, you'll get abused." You know, you got physically abused. So for me, when somebody, even though to this day, asks me something and I don't want to answer or I don't want to do it, I go into, like, a trance mode, and I answer or I just do what they ask me to do because it's installed in me, you know? It's like either that or you'll get hurt. So, I really am still struggling with this, and I'm still going to therapy with this. And this is why I love therapy, guys, by the way, and that's why I'm advocating for therapy. A therapist is one that told me, "Liz, this is not who you are, and you can actually change this around." So, it gave me a lot of hope as well. I'm telling you, therapy changed my life.

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Let's get right into it. The first thing I learned being a people pleaser is basically people will keep treating you like trash until you get boundaries for yourself and you are firm about them. See, the big issue with me was I would let you treat me badly, and I would just forgive you quickly, and that's it. Like, I would be like, "Oh yeah, you can do that." But yet tomorrow, I'm talking to you again. Why am I talking to you? Isn't that people are so comfortable saying whatever to you?

But the reason that people are so comfortable to ask you whatever is because you don't stand up for yourself. It's because you don't have the courage to say, "Hey, listen, do not speak to me like that" or "Hey, listen, do not treat me like that." And even when you do say that, they know that you're easy to forgive. You will quickly be like, "Oh yeah, okay, it's fine." And you guys are friends tomorrow again. No, this is where you go wrong when you tell someone, "Hey, listen, do not speak to me like that," and they still continue to do it, you do not talk to them, you do not go near them. You protect yourself and your boundaries.
I distance myself from a lot of people that are not willing to meet my boundaries, not willing to meet my standards. If a family member, some family members, I was like, "Okay, you are not willing to respect me, then leave me alone. I'm not asking for crazy things. I'm asking for respect. I'm asking to be treated like a human being. And if you're unable to do that, then you're unable to stay in my life."

If you tell a person that truly loves you, "Hey, listen, I don't feel comfortable when you do this to me. I don't feel comfortable when you say this to me," they will actually try to change it and make you feel more comfortable. But when you say that to a person that benefits from using you and you having no boundaries, they will get offended and they will be like, "Oh, you change now? You feel better?" No, I don't allow you to treat me like *** anymore.

Another thing I learned is to stop making excuses for people that treat you badly. No, I don't care about how they're feeling. I don't care about their mental state. I don't care about what they're going through. I was going through a lot of stuff as well and would show up to school and try to be nice to people. It's not an excuse. You are 100% in control of how you treat others. And if you can't treat other people well, then you stay away from people. Because there is no reason that you should be hurting other people because you are hurt. No way. And there's no reason that you should be accepting and making excuses for other people that are hurting you. Because you think, "Oh, that's sad for them." But what about you? Do we ever feel sad about ourselves? Like, it's so good and everything is everybody's like, "Oh, you're so noble for caring about others." But when you care about yourself, you're selfish.

No, there's one girl in my school, yeah, and she used to bully me so badly. She was like one of the popular girls, but she was so mean to me. And she basically used to make fun of my appearance, would make fun of my lips. And then, basically, I would always think, "Oh, yeah, but it's because her father left her at a young age. That's why she has trauma from that." And that's really sad and stuff, but Liz, like you're sitting there, you're getting abused every day at home, and you don't treat her like that. So why was I feeling empathy for her when she had no empathy towards me? And you know why she had no empathy towards me? Because I had no empathy towards myself. I would rather feel bad for her than I would feel bad for myself, and that was my big issue. I could not put myself first.

You are not a bad person for having boundaries and standing up for yourself. See, I think, like, as well, when I am a people pleaser, I have this belief of like, "Oh no, I just want people to like me. I don't want to cause drama. I don't want to be a burden. So I'm gonna do whatever they ask me to do, or I'm not going to speak up for myself." I'm not a bad person because I have boundaries or I am willing to speak up for myself. I am actually a person that respects myself. Because it's not that you're gonna go out there and be a mean person or be unkind to anyone. No. When somebody crosses your boundary and you're not comfortable with something, for example, somebody asks you an inappropriate question and you don't want to answer, you say, "Hey, I prefer to not answer that question," or you just completely go silent and you don't answer the question. Not a bad person. If you don't answer the question, you know, you're not a bad person for saying, "I don't feel comfortable with this. I want to honor myself and my own needs."
Another thing I learned is people don't have the same heart or intentions as you. See, for me, I was always very isolated, even as a kid. I didn't have many friends, and constantly, when I would have a friend or encounter them, they would do something to me that was completely... like, that was so bad. And then I was like, end up crying to my mom and stuff, and I would say, like, "Mom, why would they do that? I would never do that. Why would they do that?" And I was really naive in my thinking. But my mom constantly told me, "Liz, people do not have the same heart as you. People are not the same as you." And I could not understand this until I grew up and I saw so many toxic, toxic people. And then I was like, "Yeah, my mom is right. You really have to get into the mindset of, 'Okay, other people are not like me. I cannot expect them to act like me or to do like or to not do things that I wouldn't do. No, you have to be able to accept that, okay? They will do things that I don't like, and they will cross boundaries. But then, how do I react to it? How do I allow them to treat me? That's the question you should ask yourself because you have power over that. You don't have power about how they are or how they treat you, but you do have power over what you allow and how you react.

It is a big deal. Like, most of the time when you are a people pleaser, people will tell you when you get angry or something or they cross your boundary or whatever, that you are overreacting. Like, it's not that big of a deal. No, it is. If it is a big deal to you, what do they know? How can they feel your feelings? You are in your body. If you felt hurt by this or you felt that that was not the way they should have been treated, then yeah, that's fair. Tell them, "No, it is a big deal. I'm hurt by this. I don't care what you feel because you don't feel what I feel right now. You don't feel the hurt that I feel right now." So, honor your feelings, listen to them. If you are hurt, then yes, it is a big deal. They have hurt you. It doesn't matter how small the situation might have been. Don't let them gaslight you into telling you what you feel is right or wrong. No, you know yourself best. You know your feelings. If this hurts you, then it hurts you, and you can honor that.

Another thing I learned is look at people's actions and not what they tell me. See, in life, I would hear a lot of, "Oh, this, I love you. Unless, I love you always. I'm your best friend, this and that." And then I was like, everyone claims to love me, but I don't feel loved by anyone. And it's constantly like, you have to look at how they treat you. Do they treat you well? Do they treat you with respect? Do they actually say to you, like, "Hey Liz, if I'm gonna do this for you," do they actually do it? If you need them, do they actually show up? Look at their actions. Do not look at what they tell you, because I'm telling you, I promise you, people will put words in your ears, like, it will be magical, like a whole musical they will make of it. And if you believe anything, then you'll be easily manipulated, and you will go down like years and years, maybe even stuck in a relationship because they keep promising you stuff. No, look at how they're treating you. What is it that they're actually doing? How are they making you feel? That is most important. Do not look at words. I do not trust.

Words, I trust action. You have to start asking people when they ask you something that you didn't like or whatever, or they do something that you didn't like. Then you have to start asking, "Why did you feel comfortable to say that to me?" or "Why did you feel comfortable to do that to me?" I start asking this question, and you know why?
First of all, you will start to understand. Maybe they'll actually give you an explanation as to why, or maybe, they will say, "You gave off this vibe or whatever," so you can literally look at yourself and be like, "Okay, next time maybe, like, I should literally change that so people don't do that again, you know?" Or, they will feel really embarrassed by what they did, and they will not give an explanation. And then, you can also see, like, "Whoa, this person does not have the right intentions with me." But ask people why they did what they did to you.

Another thing is, start asking yourself, "Am I doing this for me, or am I doing this for someone else?" Like, for example, I one time I had this one friend, and she basically wanted to meet up and stuff, and she was basically gonna bring me to this guy that I didn't want to go to. And I told her already, "I don't feel comfortable with this person." But like, when I was on my way, she was telling me, "We're going somewhere else." Then I was on my way to the car, and then she calls me. She's like, "Yeah, we're gonna go to this guy." And then I was like, I was shocked, and I didn't want to say anything, so I just closed the phone.

Then I called my other friend, and then I was like, "Yeah, she's telling me to go there. I don't know what to do." And then she was like, "Liz, what do you want to do?" And then I was like, "I don't want to go there. I don't want to go to this guy." And then she was like, "Okay, then you go home." So then I was like, "Yeah, you're right." So then I called the friend. I was like, "I'm not coming." And then I told, like, the driver to go home. So then I'm at home, and then I started to develop this mentality of like, "Okay, am I doing this for me or am I doing this for someone else?" Because if I had gone, I would have gone because she wanted to, you know? But every time I say yes to something when I really want to say no, I am saying no to myself. And what will happen down the line is I will become so insecure because I'm always putting Liz down in order for other people to feel good and comfortable. But how does that make me?

You're at the wrong place. The wrong people are surrounding you. Maybe you are just an extreme people pleaser, and people are just taking advantage of you. Like my issue, so it's okay. You don't have to be liked by them. Do you even like them? That's a question you should ask yourself. Do I like them, you know? No, most of the time you will not like these people that are taking advantage of you or whatever. So why do you need them to like you? You don't need their validation. You have to start validating yourself, you know? And especially, also if you're on social media and you're scared that people will not like you, whatever. People hate. Some people hate on everyone. Like, you can't make everyone like you. Let them be bitter. It's okay if they don't like you. Don't prove yourself. The only person you have to prove yourself to is yourself.

Don't allow anyone and everyone to get close to you or to get to know you. It's actually a luxury to know you. That's how you have to think about yourself in life. Exclusive things are more valued. That's why when you have exclusive brands, high-end brands, they're for a certain group only, and they're very exclusive. They're at a very high value because they're not for everyone. Not everyone can afford to be around them. You have to see yourself that way. If you just allow everyone and everybody to come in, like, what are you, a trash collector?
If you just allow everyone and anyone to come close to you or to get to know you, people also realize that you are someone without boundaries because you have no boundaries of who you share your energy with, which is so sacred. You know, you are a sacred, divine being. So protect yourself. Protect yourself from certain people.

If you feel that there's a vibe that's off, okay, don't get too close to them. Don't let them get close to you. Follow your intuition a little bit about people. It's much more important to have quality over quantity these days.

I have one best friend. I have my sister who's my best friend, and I am very happy with that. I do not go around making lots and lots of friends. And then, like, I don't want to be in drama or have reputation issues or all this gossip. No, I don't want to. I want to protect my energy. I want to keep my energy for the people that I love, for the people that I appreciate and love me as well.

Practice saying no without explaining yourself too much. Sometimes, if you don't want to go somewhere, if you don't want to go out, you can just say, "No, I don't feel like it" to your friends. You don't have to constantly give a whole reason why or make something up or say one of your 10 grandmas died. No, sometimes you just have to say, "I don't feel like it," "I don't feel well," just no. Simple, no. It's okay to say no, and people that actually love you will not get offended by that. They will actually appreciate it and be like, "Okay, fine." We'll tell you if there's anything that you need, just let them know. Or if you want to talk, just let them know. But if you want space, then that's totally up to you.

I recently as well started practicing saying no to friends and family, and honestly, there's literally nothing that was wrong with that. They didn't give me any crazy blowout like I thought it would be or they would hate me. No, not at all. They're just like, "Okay, fine." It's that simple. People are literally like, "Okay, they don't care," you know? So get that out of your head that it will be a big drama. It will not. Just practice, practice saying no. Yeah, I know it's a little hard and baby steps and I get that as well, but it helps.

Very important is as well to have time to reconnect with yourself. See me, because I'm highly sensitive, I really need a lot of alone time to connect to myself, to literally hug myself and be like, "This is gonna be okay" and literally make me feel like I am inside of my body.

And ground myself because a lot of times when I'm around a lot of people, I pick up on their energies. And like, you know, when you try to help them, you try this and... And I can't help it. Like right now, I still cannot control it. My constantly trying to help. But it's very draining. So then I go into isolation mode because I need to recover from all that. But now, I've realized that I need time to reconnect with myself. I need time to do things that I love and take care of myself in order so that I can also be, you know, presentable for other people.
And I just really enjoy spending time with myself. I enjoy spending time with my cat. He helps me a lot with my emotions. I just enjoy doing things by myself and getting to know myself better. So have time to do that. Like literally, sometimes you sit even with yourself and just stare at a wall. Let your thoughts flow. Write down. Journal. Meditate. All these things. It's very beautiful.

And last but not least, forgive yourself for the past times you've let people treat you badly because honestly, it's okay. Like, we're all learning. It's not your fault. If we did not go through that, we would not have the wisdom right now on how to handle it. And I am honestly very, very grateful for everything I went through because it made me so wise. Like, literally, I know a lot about people. I know a lot about how to handle situations. So I'm really grateful for that.

It's okay. Like, I forgive myself. There's no point in being angry at yourself, you know? My therapist, she told me this because I was literally telling her, like, "Yeah, all this, I can't stop people-pleasing." And I was getting really angry at myself. And she was like, "Liz, the anger is not gonna help because, once again, you are getting angry at your inner child who was manipulated."

Into thinking that the only way she would receive love was if she did whatever the other person asked. And again, you are abusing her by getting angry at her. And she was like, "Liz, she doesn't need more anger, she needs love." And that's when I realized, like, yeah, you're absolutely right. I need to be kinder to myself. I need to be more gentle with myself and forgive myself for the ways I have allowed other people to treat me. And the only way I can do now is look forward and have boundaries and make sure people don't treat me like that. And little by little, get where I want to get. It takes a lot of practice.

Like, literally, I'm standing here today, I'm the Wizardless. I have millions of followers, and still today, I have people-pleasing tendencies. I even had, like, recently, a fan come up to me and was like, "Go stand over there, I'm gonna take a picture of you." And I was like, I was in my head thinking, like, "I don't want to do that," but I couldn't say no. So then I stood there, and I let them take a picture of me. And then I was like, "Why did I not say no?" And then the same day as well, I had, like, some person that I knew asked me some really inappropriate questions that I just answered because I didn't feel like I couldn't not answer them.

So then I remember my sister, she came to visit me, and I was literally standing outside. Imagine, I'm millions of followers, the Wizardless. I'm standing outside, I'm starting to cry and bawl my eyes out because I cannot stop pleasing, and I cannot stand up for myself. So it takes practice. So now, little by little, I'm starting to say like, "Hey, I didn't like this," or "Hey, I don't want to answer your question." And honestly, I see that I don't get a bad response or something from it. It's just normal. So yeah, it takes practice.

So guys, like I said, we're all healing together. We're in this together. And, yeah, I'm healing, you guys are still healing. So yeah, I love you guys so much. I hope you learned something from this video. And yeah, I'll see you in the next video. Bye guys, bye.