

5 VOICES OF CHILDHOOD TRAUMA



**The Voice Who Wants To
Please Everyone**

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*Compliant, Accommodating,
A Peacemaker, A Giver, Co-Dependent*

This voice is:

- looking for love in all the wrong places
- repeating relationship patterns of the past in an attempt to get a different result
- the strongest driver because they have love backing them up
- often the source of pain when you're alone

This voice sounds like:

- why won't anybody hear me?
- I just want someone to love me
- if I can just figure out what they want, and give it to them, they will love me
- it doesn't matter what I want in life. It only matters that I make this person happy
- if they leave me, I will never find another person to love me
- my life is over if they leave

This voice might:

- choose to stay in an abusive relationship
- choose to go back to someone abusive
- make excuses for abusive behaviour
- be intense and desperate in relationships
- leave everything to pursue something that looks like love
- keep quiet to avoid confrontation
- have few stated opinions for fear of rejection
- stay quiet even when situations are clearly wrong

Emotions/Feelings:

- grieving
- rejected
- abandoned
- invisible
- unimportant
- neglected
- unloved
- unheard

WORKSHEET

List three examples of life situations when this voice is loudest

I hear this voice when:

1. _____

2. _____

3. _____

What does this voice tell me to do most often?

What does this voice tell me to stop doing?

How does the advice from this voice help me in life?

How does the advice from this voice hurt me in life?

What are the most common emotions and feelings I experience when I hear this voice?

Do I always listen to this voice?

Yes

No

If not, what do I hear that has a stronger influence?

What do I think would happen if I stopped doing what they told me?
