

HEALING  
YOUR RELATIONSHIP  
WITH YOURSELF  
AND THOSE YOU LOVE

# matters *of the* heart

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An Authentic Life Series w/  
Dr. LaTasha Morgan ©2025

-A 10 Week Wellness Group-

A journey to self-discovery, courage and  
authenticity to be who God PURPOSED you to  
be!

Alfred Street Baptist Church  
Office of Christian Care and Counseling  
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# **-Chapter 2**

## **Healing Self-Abandonment, Self-Neglect, and People Pleasing**



# Tools For the Journey (Chapter 1 Recap):

## ▶ Gratitude

- ▶ Be more gracious towards you and your progress.
- ▶ Be grateful. Mindfulness (being present in the moment) as a practice can help.

## ▶ Stop Overextending

- ▶ Monitor your generosity!
- ▶ BEAWARE here because on one hand you believe you are being a blessing and on the other hand you can dishonor yourself by constantly sowing into “TAKERS ONLY” soil.
- ▶ No is HOLY!
- ▶ Boundaries build self-compassion

## ▶ Self-Understanding

- ▶ To cultivate self-compassion is to choose self-understanding over self-judgement.
- ▶ Learning to understand with grace is liberating! p.11



# Note to Self



## Chapter 1 Recap

- How are you already changing?
- What positive shifts have you noticed?
- Becoming aware of your progress AND celebrating it- IS self-compassion.

**GOAL:** Shift from your self-critical voice to your self-compassionate voice.

**PRACTICE:** Intentionally look for your progress. Journal and take a look back often.

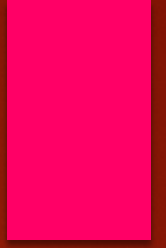
***Taking note of the situation, event, and the dynamics that occurred and how you have responded.***

**HOMEWORK (p.13):** Write a love letter to yourself. Make it full of appreciation, understanding, forgiveness, and self-preservation.

**\*YOU HAVE TO BE ABLE TO SEE THE CHANGE WITHIN YOURSELF\***



Listen to Charisma's story...



*Let's Reflect on:  
Something about Charisma...  
Now, reflect on  
Something about INSERT YOUR NAME...*



Reflection Question: What is your story?



# How does this happen?

## Self-Abandonment, Self-Neglect and People Pleasing:

1. ARE Learned Behaviors- Questions to begin exploring this ask:

Who and/or What taught you to abandon yourself in order to be “good, loveable, accepted”?

2. Thrive on Frequency (how often you abandon, neglect and people please)

**\*\*The higher the frequency the more abandoned, neglected and the more you work to people-please\*\***

**Where would you rate this on a scale of 1-10; 10 being high frequency?**

3. Reflecting on the above responses should lead you to a major step(s) in HEALING.

**Before we go any further, let me remind you of this: This is an exercise of discovering what happened to you- NOT what's wrong with you.**



# How does it show up in your life?

1. Pursuing Others and Things that do not align with your heart
2. People-pleasing tendencies
3. Hiding your true self or parts of you back.
4. Lack of personal trust.
5. Harsh judgement/criticism



# What has this cost you?

- ▶ PEACE
- ▶ HEALTH
- ▶ SELF-EXPRESSION
- ▶ JOY
- ▶ LOVE
- ▶ YEARS OF YOUR LIFE!



# Next Steps...

- ▶ Learn to love yourself and develop a lifestyle around this love.
- ▶ Check-in with yourself
- ▶ Set Boundaries
- ▶ Give yourself permission to be different
- ▶ Be gentle with yourself!





Write a vow to yourself with at least one (1) activity you can do each week to nourish yourself (p. 23).

It can be physical, spiritual, social, or financial.



# Affirmation

- ▶ If it aligns with you, place one hand on your forehead and declare , “I will not neglect myself. I can love others while still loving myself. I reclaim me.”