Tende	encies				SPOTTING PATTERNS	10 Ways to Stop
1	6				PEOPLE PLEASING	
2	7	Different Types of Pleasers				
3	8					
4	9					
5	10					
То	tal					
	I					
<u>.</u>			Suc	با	hips —	
Myself		Others	teractions	Conflict	lationships	–
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