

5 Levels of The Guilt Trip Trap



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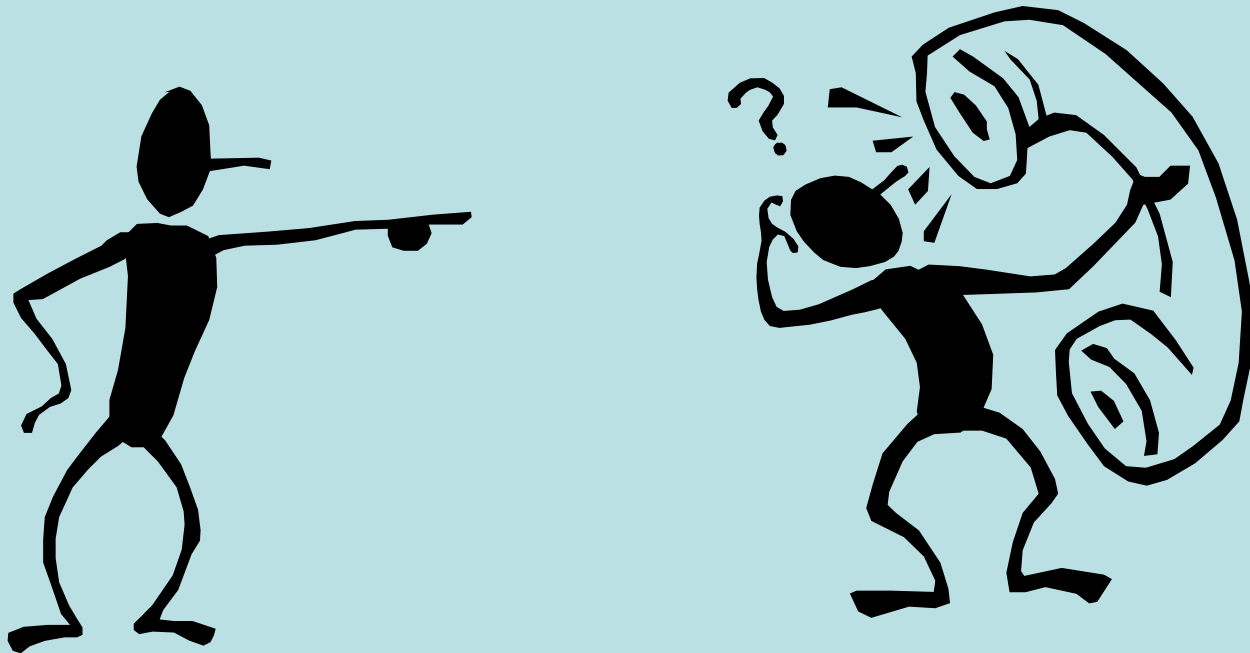
Level 1 People Pleaser

Saying “yes” to everything!



Level 2 Confusion

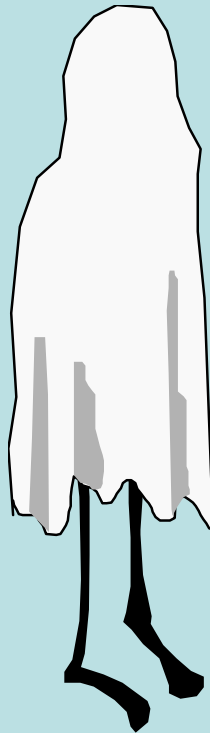
You feel guilty for saying “NO” so you change your mind.



Level 3

Passive Aggressive

Say “Yes” but then back out at last minute



Level 4

Stick to Your Guns

You say "NO" and lose a friendship.



Level 5 Freedom

You say “no” and they get mad.



Level 5 Freedom

You still love them.

