

SUGGESTED INTERVIEW QUESTIONS

KAREN EHMAN - AUTHOR OF
WHEN MAKING OTHERS HAPPY IS MAKING YOU MISERABLE

“Are you ready to make some life-shifting changes, pivoting in a way that pleases God and loves people, without letting others run your life? It is possible! You can live your priorities and love your life.”

- Karen Ehman, a *New York Times* bestselling author and recovering people pleaser, has entitled her new book: *When Making Others Happy is Making You Miserable*. Karen, why and when does trying to *make others happy* backfire?
 - A few years ago, you realized you were trapped in the prison of people pleasing. As a result, you created a major life reset by observing “a summer of necessary and no.” What did that season look like? How did it help realign your life and priorities?
 - What is the difference between being a people pleaser and being a God pleaser? Are they mutually exclusive?
 - You had to face some internal fears before you could relinquish people pleasing. What fears did you have to tackle? What other fears keep women stuck in people pleasing?
 - Karen, when you quit trying to make everyone else happy, some folks were not too thrilled about it. You describe some of these demanding folks in a chapter called, “Pushers, Pouters, Guilt-bombers and others who try to call the shots.” Tell us more.
 - Smartphones allow people to demand attention regardless of time or place. How do we stick to our priorities when *all the people* have access to us *all the time*?
 - How did you come to recognize you were a “fabulous fibber”? How had you previously justified little dishonesties? Describe a strategy that helps you communicate more honestly.
 - You write that “we teach others how to treat us.” How so? How do setting and enforcing boundaries impact what we teach others?
 - When it comes to saying no to others, you claim that, “You can still say yes to a friendship while also saying no to their request.” What does this look like?
 - Some women feel that being “nice” requires them to be available 24/7 for friends and family in crisis. How can that constant availability actually hinder another person’s spiritual growth?
 - Karen, what grid do you use for determining who and what to say yes to? How do you discern when to say *no*?
 - Your book offers seven “stop it” statements for recovering people pleasers. Would you share a few favorites from that list?
 - You invite women to take time to “stop the siphoning of their souls.” What does this mean to you? How is Jesus a role model for rest and self-care?
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AUTHOR: Karen Ehman is a *New York Times* bestselling author and a speaker for Proverbs 31 Ministries www.KarenEhman.com

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