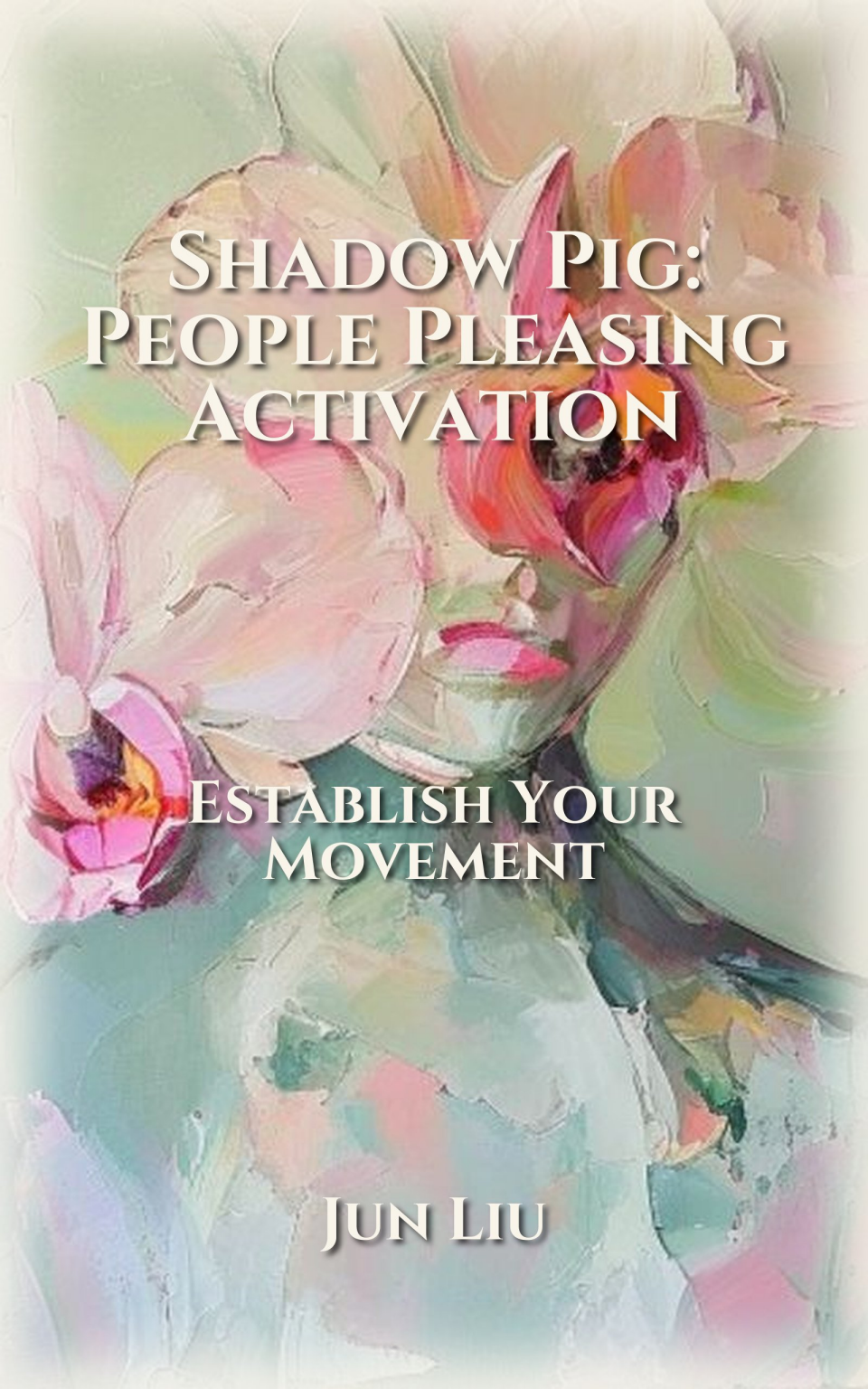


An impressionistic painting of a bouquet of flowers, primarily in shades of pink, red, and purple, with green foliage. The brushstrokes are thick and visible, creating a textured, painterly effect. The lighting is soft, with a slightly hazy or dreamlike quality.

# SHADOW PIG: PEOPLE PLEASING ACTIVATION

ESTABLISH YOUR  
MOVEMENT

JUN LIU

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## CHAPTER 1

# THE SHADOW PIG PATTERN: RECEIVING YOUR PURSUIT

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It feels remarkably easy to agree with everyone in the room, doesn't it? You find yourself nodding along through conversations that leave you feeling slightly hollowed out by the end of them. This is the sweet, familiar ache of keeping the peace, the soft cushion of consensus you build around yourself so nothing sharp can pierce through. When someone suggests a plan you know deep down will exhaust you, or when a boundary needs to be drawn with gentle but firm clarity, your first instinct is to smooth over the edges, to offer the enthusiastic 'yes' even if that word feels like it's being pulled from a well that is already dry. This impulse stems from a profound and very understandable desire to keep the warmth flowing; you fear the silence more than you fear the strain. You have learned, through countless small moments of disappointment or necessary friction, that saying no—truly saying no—feels like an act of

aggression, a sudden cold snap in a life otherwise kept perpetually mild. It is easier, safer, to become the agreeable echo chamber for others' needs, believing that by absorbing their requests and reflecting back only what they want to hear, you are proving your worthiness to be loved, accepted, and thus, safe from any perceived abandonment. This pattern creates a delightful illusion: the belief that if you just remain accommodating enough, the inevitable letdowns will never reach you. You mistake this constant state of pleasant anticipation for genuine connection, mistaking the temporary relief from conflict for sustainable joy.

The gentle weight of another person's expectation settles on your shoulders before you even know why it's there, doesn't it? It feels less like a request and more like an invisible tether, one that whispers that if you simply agree, if you just say yes this time, the quiet tension in the air will finally dissolve. You find yourself nodding along to plans you know will leave you drained by Tuesday, agreeing to commitments that stretch your resources until they feel thin and brittle. It is often in these moments—the spontaneous gathering for a friend's birthday when your own energy reserves are already depleted from a difficult week at work, or the request

from family asking for help with something intricate while you desperately need silence just to breathe—that the instinct takes over. Your immediate reaction isn't rooted in genuine desire; it is a practiced reflex honed by years of anticipating discomfort. You offer that bright, agreeable smile, the kind that says, "Of course, I'd love to," even though every fiber of your being screams for retreat into warm solitude. This automatic agreement feels profoundly necessary because the alternative—the silence before you set a boundary, the moment where you might have to admit you are tired or simply uninterested—feels too vast, too sharp. It conjures up that old fear: that saying no will result in an immediate, undeniable withdrawal of affection or attention. So, you over-deliver on kindness, volunteering for tasks far beyond your capacity, not because the activity brings true joy, but because maintaining the smooth, predictable flow of positive regard feels safer than navigating the unpredictable terrain of genuine self-limitation. You are polishing the surfaces to keep the shine up, hoping that if everything appears pleasant and accommodating enough, no one will ever notice the deep ache beneath the gloss.

Sometimes, when you are deep in the current of another person's need, it feels less like an active choice and more

like a physical settling into place, a kind of warm, familiar ache behind your sternum. Think about those moments when saying ‘no’ felt not just difficult, but physically impossible, as if your ribs were gently glued together by obligation. This shadow pattern has a unique way of signaling itself through the body; it settles in the shoulders first, a sort of permanent, gentle hunch that seems to say, "Don't strain yourself; just lean into this." You find yourself unconsciously adopting the posture of someone ready to receive—a slight forward tilt, an openness in the chest that sometimes feels more like anticipation than genuine invitation. It's not pain that signals you here, but a deep, pervasive sense of \*settling\*. When you are people-pleasing from this place, your muscles hold themselves in a state of perpetual readiness to appease, like a bowstring perpetually drawn back just enough to avoid the snap. Consider the jaw; often, it locks into an almost polite tension, as if biting down slightly on any sharp edges—your own or theirs. This physical bracing is the body's way of managing emotional debt before it even has to be spoken aloud. It's a quiet rigidity that masks a deep desire for smooth passage and warmth, the instinct to keep everything flowing without resistance so that no one gets upset enough to cause friction. You might notice how your breath tends to

become shallow during these interactions, held just beneath the ribs as if you are conserving energy for an inevitable emotional expenditure. This physical signature is the body's beautiful, exhausting attempt to smooth over any potential turbulence, preferring instead the known comfort of superficial harmony, even when that harmony feels suspiciously light and unsustainable.

The realization often arrives not with a dramatic crash, but with a strange, quiet flatness—the sudden awareness of how much effort you expend keeping the peace for other people's comfort at your own expense. You remember the last time you agreed to something purely because the alternative felt too heavy, too awkward, too like it might cause some small ripple of disappointment in another person's otherwise smooth day. It was a decision made not from genuine desire or even considered convenience, but from a deep-seated instinct to absorb any potential friction before it could touch your own skin. You catch yourself anticipating the needs of others so quickly that you haven't paused for a full breath just to ask what *\*you\** actually want in that moment. This isn't about being overtly dramatic; it is subtler, woven into the tapestry of polite conversation where your "yes" feels like a gentle, necessary balm

applied to someone else's minor anxiety.

You notice how easily you gloss over the small signs—the slight tightening around a friend's eyes when they make a request that pushes past reasonable boundaries, or the way a relative beams with approval after you've sacrificed your own plans for their enjoyment. That ease of acceptance is seductive, isn't it? It feels warm, like sinking into a familiar patch of sun on cool earth; it requires no risk, and therefore, promises no genuine ache of letdown. You have become quite adept at mistaking the warmth of temporary relief for the nourishing heat of true connection. The pattern reveals itself when you realize that every time you choose the path of least resistance—the softest cushion over the slightly uncomfortable but necessary climb—you are effectively convincing yourself, and perhaps others, that difficulty is inherently something to be avoided, rather than something to be navigated with grace. It's a habit built on the deep-seated fear that if you let reality settle in all its varied textures—the sharp edges alongside the velvet smoothness—you might find yourself utterly unlovable or simply incapable of sustaining joy without constant cushioning.



YOU'VE READ CHAPTER 1.

YOU ALREADY KNOW THIS ISN'T GENERIC  
ADVICE. THIS IS YOUR MAP — BUILT  
SPECIFICALLY FOR SHADOW PIG ENERGY. THE  
PATTERNS YOU JUST READ? THEY'RE YOURS.  
NOT ANYONE ELSE'S. YOURS.

THE OTHER FIVE CHAPTERS ARE WHERE IT  
GETS PRECISE.

CHAPTER 2 GIVES YOU PERMISSION TO STOP  
FIGHTING YOUR OWN NATURE. CHAPTER 3  
SHOWS YOU EXACTLY WHERE SHADOW PIG  
ENERGY CONSISTENTLY WINS IN PEOPLE  
PLEASING. CHAPTER 4 NAMES THE STAKES —  
WHAT YOU LOSE WHEN YOU IGNORE THIS.  
CHAPTER 5 IS YOUR FULL PEOPLE PLEASING  
PLAN, BROKEN INTO THE CYCLES THAT  
ACTUALLY WORK FOR YOU. CHAPTER 6 IS  
YOUR INTEGRATION — WHERE THIS BECOMES  
IDENTITY, NOT STRATEGY.

MOST PEOPLE READ CHAPTER 1 AND THINK  
THEY UNDERSTAND. THEY DON'T. THE  
ARCHITECTURE ONLY REVEALS ITSELF IN  
FULL.

SEARCH FOR "SHADOW PIG: PEOPLE PLEASING  
ACTIVATION" TO GET THE COMPLETE GUIDE.

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APPLIED TO A DIFFERENT ARENA OF YOUR  
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