



Deprogramming of a
**GOOD
GIRL**

**5 Subconscious Programs Keeping You Small
(And How to Uninstall Them)**

SINTIJA BLUZMA

Welcome

INTRODUCTION

Let me guess.

You've read the books. Done the journaling. Practiced the gratitude. Maybe even tried therapy—sat in that chair for months or years, excavating your childhood, understanding your patterns, nodding along as someone validated your feelings.

And you still can't say no without your chest tightening.

You still say yes when you mean no, smile when you're screaming inside, and lie awake at 3am mentally rehearsing conversations you'll never actually have.

Here's the thing: You're not broken.

You're running software that made sense once. Software that kept you safe, loved, accepted. Software that worked—until it didn't.

ING VS TALK THERAPY VS HYPNO COACHING VS TALK THERAPY VS HYPNO COACHING VS TALK THERAPY

Here's why I work differently:

Talk therapy explores the story: how it started, what it means. That has real value.

I'm impatient. Hypnotherapy goes straight to the program underneath and works on that. Less excavating. More changing.

ING VS TALK THERAPY VS HYPNO COACHING VS TALK THERAPY VS HYPNO COACHING VS TALK THERAPY





HEY, I'M SINTIJA

THE ORIGINAL "GOOD GIRL"

I was a straight-A student chasing my mother's approval. Be convenient. Be agreeable. Don't make waves.

That program kept running. Parent. Stay-at-home mum. Carer for my partner.

Decades of being what everyone needed me to be.

The "good girl." Fucking exhausted.

The breaking point? Realising I'd become a supporting character in my own life story. Everyone else's needs centre stage. Mine in the credits.

I understood my patterns. I still couldn't change them.

Then I found hypnotherapy. The precision kind. Straight to the subconscious program. Rewire it.

Find the wire to cut. Not untangle the whole bomb.

That's what this manual will do for you.

Sintiia xoxo

LET'S DO IT!



How to use this **BOOK**

This isn't a book you read cover to cover while taking notes.

It's a manual. A diagnostic tool. A fucking fire extinguisher.

Here's how it works:

Read it once. All the way through. You'll recognize yourself in at least three of these programs. Maybe all five.

Pick one. The one that makes your stomach drop. The one where you think, "Oh fuck, that's me."

Do the exercise. Not tomorrow. Not when you have time. Today. Right after you read the chapter. It takes 5-10 minutes. You'll feel different immediately.

Notice what changes. Not in a journaling, self-improvement way. Just notice. What do you do differently? What feels easier? What old pattern tries to reassert itself?

Then, if you want, come back and pick another program.

But start with one. The brain doesn't like too many changes at once. It'll resist. So we're going to be surgical about this.



What to **EXPECT**

By the end of this book, you're going to be able to:

Name your #1 program. The one that's been running your life. The one you didn't even know was there.

Understand the mechanism. Not in a therapy-speak way, but in a "holy shit, THAT'S why I do that" way.

Have a technique to interrupt it. Something you can use today. This week. Every time the program tries to boot up.

Feel empowered clarity. Not the toxic positivity kind. The "I see exactly what's been running me, and I know how to change it" kind.

This isn't about becoming a different person. It's about becoming yourself—the version that existed before you learned to make yourself small.

The version that knows what she wants for dinner.

The version that doesn't apologize for taking up space.

The version that costs more than convenience.

Let's find her.



Before you **BEGIN**

This book is not therapy, medical treatment or a diagnosis.

It's what I notice, the patterns I see again and again, and the techniques I use. Take what's useful. Leave the rest.

If you're struggling with your mental health, dealing with trauma, or you don't feel safe, please talk to your GP, a qualified therapist or a crisis line. You deserve proper support, and a book can't replace that.

Some of these exercises might stir things up. That's normal. If anything feels like too much, stop, breathe, and come back to it later. Or don't.

About the stories: apart from my own, the people in this book are composites. Names, ages and details have been changed or created. The patterns are real.

You're an adult. You decide what's right for you. That's kind of the whole point.



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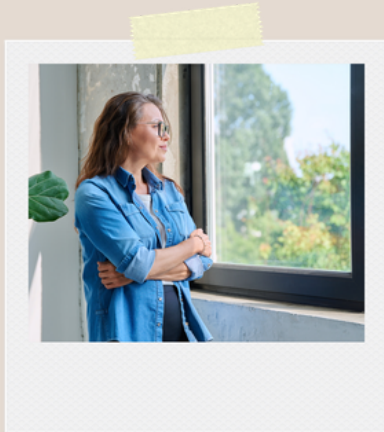
NUMBER 1

THE “GOOD GIRL” PROGRAM

The Good Girl: *Someone who makes herself convenient so nobody has to deal with her real needs.*

The **GOOD GIRL** *Program*

THE STORY



You know that smile?

The one you do when someone asks you for something and you don't want to do it, but you say yes anyway? The one where your face says "Of course!" and your nervous system says "Fuck my life"?

Yeah. That one.

**Your face says "Of course!"
and your nervous system
says "Fuck my life."**

The **GOOD GIRL** *Program*

THE STORY

Let me paint you a picture.

Someone asks you to help with something. Could be your partner, your kid, your friend, your coworker, the fucking PTA. Doesn't matter. The request lands, and before your brain even processes it, your mouth is already moving.

"Sure!"

"No problem!"

"Happy to help!"

And inside? Inside, you're screaming.

Because you're already overextended. You already have seventeen things on your plate. You already haven't had a moment to yourself in three days. But the word "no" doesn't even make it to your lips.

It gets stuck somewhere between your brain and your throat, like there's a bouncer at the door of your mouth, and "no" doesn't have the right credentials. So you say yes. Again.

And the resentment? It doesn't go anywhere. It just stacks. Like dirty dishes in a sink. Like tabs open in a browser. Like interest on a loan you never agreed to take out.

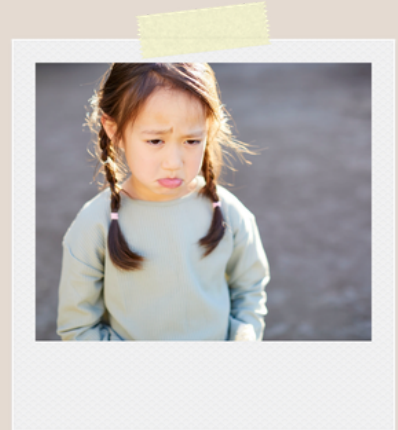
**You're not broken. You're running the
Good Girl program. And it's fucking
expensive.**

The **GOOD GIRL** *Program*

WHY IT HAPPENS

**Here's what nobody tells you about being a "good girl":
It was a survival strategy.**

When you were young—maybe five, maybe ten, maybe fifteen—you learned something crucial: being convenient kept you safe. Being easy kept you loved. Being accommodating meant you didn't get yelled at, abandoned, or made to feel like a burden.



**Being convenient kept you
safe. Being easy kept you
loved.**

The **GOOD GIRL** *Program*

WHY IT HAPPENS

So your brain did what brains do: it automated the behaviour.

It created a program that runs in the background, scanning every interaction for one question: "What does this person need from me?"

Not: "What do I need?"

Not: "What do I want?"

But: "How can I make this easy for them?"

And here's the kicker: it worked. You were safer. You were loved, or at least you weren't rejected. The program did its job.

But now?

Now you're forty-fucking-something, and the program is still running. Still scanning. Still making you say yes when you mean no. Still prioritising everyone else's comfort over your own existence.

Your brain doesn't know the difference between "I'm five and powerless" and "I'm an adult with agency." It just knows: Good Girl Program = Safety.

So it keeps running it.

**Your brain doesn't know the difference
between "I'm five and powerless" and
"I'm an adult with agency."**

The **GOOD GIRL** *Program*

THE TRIGGER

When Does This Program Activate?

Let me guess.

Someone asks you for something—anything—and you feel it immediately. That tightness in your chest. That split-second panic. That internal scramble to figure out how to say yes even when every cell in your body wants to say no.

The program activates when:

- **Someone makes a request (even a small one)**
- **You're about to set a boundary**
- **You imagine disappointing someone**
- **You think about saying no and immediately picture their reaction**
- **You're asked "Is this okay?" and you lie**

And what does the program do?

It overrides your actual feelings. It makes you perform agreeability. It turns you into a customer service representative for your own life.

"Let me guess," you might be thinking. "This is just who I am. I'm just a people-pleaser. I'm just nice."

No.

You're not "just nice." You're running a program that was installed when you were too young to consent to it. And it's costing you everything.

It turns you into a customer service representative for your own life.

The **GOOD GIRL** *Program*

THE EVIDENCE

What This Looks Like in Your Life

You say yes to things you don't want to do, then feel resentful the entire time you're doing them.

You can't ask for help without apologizing seventeen times first.

You've never sent back food at a restaurant, even when it's wrong.

You over-explain. Over-justify. Over-apologize.

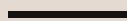
You've had the same fight with your partner a hundred times, but you still can't actually tell them what you need.

You feel guilty for resting. For taking up space. For wanting things.

You've been told you're "so easy-going" and you smile, but inside you're thinking: I'm not easy-going. I'm fucking exhausted.

Sound familiar?

That's not your personality. That's the program.



**That's not your personality.
That's the program.**

The **GOOD GIRL** *Program*

THE INTERRUPT

The Question That Breaks the Spell

Here's the pattern-interrupt question that changes everything:

"What if being convenient is the most expensive thing I've ever done?"

Sit with that for a second.

Not: "What if I'm selfish?"

Not: "What if people don't like me?"

But: "What is this costing me?"

Because here's the truth: every time you say yes when you mean no, you're paying. With your time. Your energy. Your self-respect. Your fucking sanity. You think you're keeping the peace. You think you're being kind. But you're not.

You're teaching people that your needs don't matter. That your boundaries are negotiable. That you're a resource to be used, not a person to be respected. And the price? It's compounding.

The "Good Girl" program isn't free. It's a subscription service you never canceled.

So here's the interrupt:

Next time you feel that automatic "yes" rising in your throat, pause. Just for two seconds.

And **ask yourself: "What is this costing me?"**

Not in a guilt way. Not in a "I should be better" way.

Just: What is the actual price of this yes?

You might be surprised by the answer.

What is this costing me?

The **GOOD GIRL** *Program*

THE REPROGRAM

Okay. Here's the part where **you actually do something**.

This isn't theory. This isn't "think about it and maybe journal later." This is a technique you can use right now, today, the next time someone asks you for something and your Good Girl program tries to boot up.

It's called **The Cost-Benefit Pause**.

Here's how it works:

Step 1: Feel the Request Land

Someone asks you for something. You feel that familiar tightness. That automatic "yes" forming in your throat before your brain even processes the question.

Don't fight it. Don't judge it. Just notice it.

"Oh. There's the program."

This awareness is the first crack in the pattern. You're not the Good Girl anymore—you're the woman watching the Good Girl try to run the show.

Step 2: Buy Yourself Two Seconds

Say this exact phrase:

"Let me check my calendar."

Or:

"Let me think about that and get back to you."

You don't need to actually check anything. You don't need to think about anything. You just need to interrupt the automatic response. You need to create space—actual breathing room—between the request and your answer.

Two seconds. That's it.

Those two seconds are where your freedom lives.

**Those two seconds are where your
freedom lives.**

The **GOOD GIRL** *Program*

THE REPROGRAM

Step 3: Ask the Cost-Benefit Question

In that space, ask yourself:

"If I say yes to this, what am I saying no to?"

Be specific. Be honest. No one else is listening.

- Am I saying no to rest I desperately need?
- Am I saying no to time with my kids?
- Am I saying no to the project I actually care about?
- Am I saying no to my own fucking sanity?

And then—the harder question:

"What do I actually want to do?"

Not what you should do. Not what a "good person" would do. Not what will make them like you. What do you want?

**If I say yes to this, what am I
saying no to?**

The **GOOD GIRL** *Program*

THE REPROGRAM

Step 4: Respond from That Place

Now respond.

If the answer is yes—a real, non-resentful yes that comes from your actual desire to help—say yes. Mean it. Give fully.

If the answer is no, say no.

You don't need to over-explain. You don't need to apologize. You don't need to justify your existence or prove you're still a nice person.

Try:

"I can't this time."

"That doesn't work for me."

"I'm not available."

Full stop.

No "sorry." No "I wish I could but." No essay about why you're a good person who just happens to be busy.

Just: "No."

**You don't need to justify your
existence or prove you're still a
nice person.**

The **GOOD GIRL** *Program*

THE REPROGRAM

Step 5: Notice What Happens

Here's the thing: the first time you do this, it's going to feel "wrong".

Your nervous system will panic. Your chest will tighten. The Good Girl program will scream: "ABORT! ABORT! THEY'RE GOING TO HATE YOU! YOU'RE GOING TO BE ALONE! NO ONE WILL EVER LOVE YOU AGAIN!"

Let it scream.

And then—this is the crucial part—**notice what actually happens.**

Most of the time? Nothing. The person says "okay" and moves on. Because they weren't actually monitoring your compliance. You were. You were the only one keeping score.

And if they do react badly? If they push back, guilt-trip you, or get upset?

Congratulations. You just found out who was benefiting from your program. You just gathered data about which relationships in your life are conditional on your convenience.



**That's not a loss. That's
information you needed.**

The **GOOD GIRL** *Program*

THE PROOF

What Happens When You Uninstall This Program

Let me tell you about Claire.

Claire, 52, hadn't said no to her adult children in thirty years. Not once. They called, she dropped everything. They needed money, she gave it. They needed childcare, she rearranged her life.

She came to me because she was exhausted. Bone-deep, soul-tired exhausted. "I don't understand," she said. "I love them. Why do I feel so angry all the time?" We found the Good Girl program in one session.

The belief underneath it? "If I say no, I'm not a good mother."

We interrupted it with one question: **"What if being a good mother means teaching them that other people have needs too?"**

Her face changed. You could see it—the program glitching.

**"I love them. Why do I feel so
angry all the time?"**

The **GOOD GIRL** *Program*

THE PROOF

Two weeks later, her daughter called asking her to babysit last-minute. Claire felt the old program boot up. The automatic yes. She used the pause.

"Let me check my calendar."

She asked herself: **What am I saying no to if I say yes to this?**

The answer: a pottery class she'd been looking forward to for weeks.

She called her daughter back.

"I can't this time. I have plans."

Her daughter said, "Oh, okay. I'll ask someone else."

That's it. No drama. No guilt trip. No relationship-ending catastrophe.

Claire cried when she told me. Not sad tears. Relief tears.

"I didn't know I was allowed to have plans," she said.

She was always allowed. She just had to uninstall the program that told her she wasn't.

Three months later, Claire's relationship with her kids is better. Not worse. Better.

Because she's not resentful anymore. She's not saying yes and then silently seething.

She's saying yes when she means yes, and no when she means no.

And her kids? They adjusted. Because people do.

The Good Girl program promised you safety. But it delivered resentment, exhaustion, and a life where you're everyone's supporting character.

**"I didn't know I was allowed to
have plans."**

The **GOOD GIRL** *Program*

YOUR TURN

No right answers. Just honest ones.

Where did I say yes this week when I meant no?

What did that yes actually cost me?

What would happen if I said no next time?



THE GOOD GIRL PROGRAM

**YOU WERE NEVER
TOO MUCH. YOU
WERE TRAINED
TO BE LESS.**

END OF CHAPTER ONE

Thank you **FOR READING**

**THAT WAS ONE PROGRAM. THERE ARE FOUR MORE
RUNNING.**

You've just met the Good Girl.

**But she rarely works alone. The Overthinker. The
Perfectionist. The Collapse Myth. The Caretaker. Most
women recognise themselves in at least three.**

**The full book has all five programs: the stories, the reasons
they run, and a technique to interrupt each one, plus a "Your
turn" page for every chapter.**

If chapter one made your stomach drop, the rest is waiting.

Tell me which line got you on Instagram, @hypno_coach_sin.

**SINTIJA BLUZMA
HYPNOTHERAPIST
& COACH**

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