

THE GOOD GIRL CONTRACT™

A FREE INSIGHT MINI GUIDE



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Insight Therapy and Consulting

An Insight
Framework

Insight Mini Guide Series

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THE INSIGHT

You may have learned the rules a long time ago. Be agreeable. Be helpful. Be low-maintenance. Say yes. Don't make waves. Your worth may have felt tied to how much you give and how little you ask for. And somewhere underneath the competence and the capability, you may feel resentful, exhausted, and longing for someone to notice how much you're actually carrying.

I call this the **Good Girl Contract**, and it's one of the patterns I see often in my work with women. The Contract describes a set of possible rules about approval, self-sacrifice, worth, and being "good" that some women absorb over time. You may recognize several of them, one of them, or none at all. The point is not to make yourself fit the framework. It is to notice what, if anything, fits your experience.

The Contract has clauses. The Approval Clause, where your sense of safety may depend on being liked. The Self-Sacrifice Clause, where your needs may come last, if they make the list at all. The Conflict Avoidance Clause, where disagreement can feel much more threatening than the situation seems to warrant. The Emotional Caretaking Clause, where you may feel responsible for other people's emotional comfort. The Achievement Clause, where worth becomes tied to performance in a way that makes rest and imperfection feel unacceptable.

These clauses are not personality traits, and they are not evidence that something is wrong with you. They may reflect learned adaptations, personality, current circumstances, or some combination of all three. They may also have been reinforced by

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relationships or systems that rewarded women for giving more and asking for less. The challenge is that these responses can become automatic enough to feel like who you are, even when they no longer serve you.

The Good Girl Contract™ is my original clinical and psychoeducational framework. It draws on research related to self-silencing, gender-role expectations, and relational patterns, but the framework itself has not been independently validated. Think of it as a map, not a diagnosis.

THE ACTION

One Thing You Can Try Today

The Contract can operate automatically. You may say yes before you've decided. You may apologize before you've done anything wrong. You may swallow your opinion before you've even fully formed it. A first step toward revisiting the Contract is noticing it in action.

For one full week, don't try to change anything. Just notice when the pattern activates. When you start to say yes automatically, pause and name it. "That's the pattern." When you apologize unnecessarily, name it. When you monitor someone's mood and adjust yourself before they've spoken, name it.

This can feel small, but it matters. Naming a pattern creates a tiny gap between the feeling and the response. That gap is where choice lives.

THE REFLECTION

Want to Go More In-Depth?

This mini guide is an introduction. The full Good Girl Contract Workbook walks you through each clause in detail, helps you trace where your own pattern may have come from, shows you what it may be costing you, and gives you a step-by-step plan for revisiting the terms at your own pace. It includes reflection exercises and optional deep-dives for when you're ready to go further.

You can find the workbook for sale on my website or take the free Pattern Quiz [here](#) to discover which pattern may be most active in your life right now.

I offer virtual therapy across Ontario for women who are ready to understand their patterns and build lives that feel authentic and sustainable. If that's you, I'd love to hear from you.

Let's talk about it.

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