

# People Pleasing Worksheet

This worksheet is designed to help individuals recognize and address their people-pleasing behaviors. Often, the desire to make others happy can lead to neglecting one's own needs and boundaries. This tool aims to foster self-awareness and encourage healthier interpersonal dynamics.

## Instructions

Reflect on the following questions and situations. Answer each prompt honestly, considering your recent interactions and feelings. This worksheet is a personal tool for growth and understanding; there are no right or wrong answers.

## Personal Information

Name:

Date:

## Section 1: Identifying People-Pleasing Behaviors

### 1. Instances of People Pleasing

- List recent times you said 'yes' when you wanted to say 'no':

### 2. Feelings and Motivations

- Describe how you felt during these instances and why you felt compelled to please:

### 3. Fear of Disapproval

- In what situations are you most afraid of disappointing others?

## **Section 2: Understanding the Impact**

### **1. Personal Consequences**

- How has people pleasing affected your mental and physical health?

### **2. Relationship Dynamics**

- How has your tendency to please others impacted your relationships?

### **3. Self-Neglect**

- Identify areas of your life where you've neglected your needs or interests due to people pleasing:

## **Section 3: Setting Boundaries**

### **1. Identifying Your Needs**

- List what you need more of in your life (e.g., time, respect, space):

### **2. Boundary Statements**

- Craft statements you can use to assert your boundaries:

### **3. Saying 'No' Practice**

- Practice scenarios where you can say 'no' or express your needs:

## Section 4: Building Assertiveness

### 1. Assertive Communication

- Describe how you can communicate your needs assertively in relationships:

### 2. Overcoming Guilt

- How can you remind yourself that it's okay to prioritize your needs?

### 3. Support System

- Identify supportive individuals who respect your boundaries and encourage assertiveness:

## Reflection and Next Steps

- Reflect on what you've learned about your people-pleasing patterns and how you might begin to change these behaviors.

- **Next Steps:** Outline actionable steps you can take to reduce people-pleasing behaviors and assert your needs.

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Note:** This worksheet is a step towards recognizing and modifying people-pleasing behaviors. Regular reflection and practice in setting boundaries and asserting your needs are crucial for personal growth and healthier relationships.