

People Pleasing Worksheet

Name:	Date:
This worksheet is designed to help you identify, understand, and transform your people-pleasing patterns. Take your time with each section and be honest with yourself - there are no right or wrong answers. This is a safe space for self-reflection and growth.	
Share your most recent experience with people pleasing.	
Situation:	
What I really wanted:	
What I did instead:	
How it made me feel:	
Choose the situations that trigger your people pleasing behavior.	
<input type="checkbox"/> Work meetings	<input type="checkbox"/> Family gatherings
<input type="checkbox"/> Social events	<input type="checkbox"/> One-on-one conversations
<input type="checkbox"/> Group settings	<input type="checkbox"/> Online interactions
<input type="checkbox"/> Other:	

What I think I gain from people pleasing:

What it actually costs me:

Action plan

When _____, I will instead _____

When _____, I will instead _____

One boundary I will set today:

One “no” I will practice saying:

One act of self-care I commit to: