People pleasing

The signs of people pleasing, where it comes from and experiments in doing less of it.

Name _____ Date _____

Being kind and helpful is a good thing. People pleasing is something else: putting others' wants ahead of your own so automatically that you lose track of what you want at all, usually out of fear of conflict, disapproval or rejection.

Signs

- [ ] I say yes when I want to say no
- [ ] I apologise a lot, even when it is not my fault
- [ ] I feel responsible for how other people feel
- [ ] I avoid conflict at almost any cost
- [ ] I change my opinions to fit in
- [ ] I find it hard to know what I want
- [ ] I feel guilty doing things for myself
- [ ] I feel resentful, then guilty about that

Where it comes from

Often from growing up somewhere it was not safe or welcome to have needs: where love depended on being good, where someone's moods had to be managed, or where you were praised for being no trouble. Pleasing made sense then.

What keeps it going

Each time you give in, the anxiety drops. You never find out that people can cope with your no.

Experiments

What I will try	What I fear will happen	What happened
Say which film I would actually prefer	*They will be annoyed*	*She said "great, I had no idea you liked those"*

What would I do this week if I were not worried about anyone's reaction?

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