

Stop People-Pleasing: A Self-reflection & Action Worksheet



Awareness: Understanding your people-pleasing patterns

1. What does people-pleasing look like for you?

Check all that apply (✓)

- I say “yes” when I really want to say “no.”
- I feel responsible for other people’s happiness.
- I avoid conflict even when it costs me.
- I often apologise, even when I haven’t done anything wrong.
- I downplay my needs or opinions to keep others comfortable.
- I fear being disliked or seen as selfish.
- I feel anxious when someone is upset with me.

Add your own examples:

2. Where did this begin?

Reflect on early influences or past experiences that shaped your habits.

- Growing up, how were you rewarded or punished for being “good”?

- Who taught you that keeping others happy was your job?

- How has this helped you in the past - and how is it hurting you now?

3. Spot the triggers

Think of recent situations where you said “yes” but didn’t want to.

Situation	What I felt	Why I said yes	What I needed instead
Example: Agreed to help with a project at work	Drained, resentful	Didn't want to disappoint boss	To protect my time
Fill in your own:			

Action: Setting Healthy Boundaries

4. Practice saying No (without guilt)

Try rewriting these examples in your own words:

Instead of: "I'm sorry, I wish i could, but i'm just really busy..."

Try: "Thanks for thinking of me, but I can't take that on right now."

Instead of: "Maybe later?" (when you really mean no)

Try: "That doesn't work for me, but I hope it goes well."

Now write three personal boundary statements:

1. _____
2. _____
3. _____

5. Your new inner dialogue

Write affirmations to replace your old people-pleasing thoughts:

Old thought	New empowering thought
"They'll be mad if I say no."	"I'm allowed to take care of myself."
"It's my job to keep everyone happy."	"Everyone is responsible for their own emotions."
Fill in your own:	

6. Your commitment

Complete this sentence:

"From today forward, I will honour my needs by _____."

Sign & date: _____