

# Worksheet: Identifying Signs of People-Pleasing in Your Life

People-pleasing is a behavior pattern often rooted in the desire for approval and acceptance. Recognizing its signs in your life is the first step to breaking free and finding a balanced approach to caring for yourself and others.

INSTRUCTIONS: Reflect on the prompts below. These questions are designed to help you uncover patterns in your behavior and recognize instances when you may be prioritizing others over yourself. There's no right or wrong answer—honesty is key. Remember, understanding is the first step to change!

## 1. Expressing Your Needs

- Reflect on the last month. List three specific times when you suppressed or didn't express your needs, even when it was essential:

1.

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2.

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3.

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## 2. Apologizing Without Reason

- Think about situations where you apologized, even if you weren't at fault or there was no actual reason to apologize:

1.

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2.

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3.

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## 4. Silencing Your Personal Beliefs

- Were there moments when you held back from expressing your beliefs or opinions to fit in or avoid conflict?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## 5. Prioritizing Others' Comfort Over Your Own

- Think about times when you went out of your way to ensure someone else's comfort, even if it meant discomfort for you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### \*\*REFLECTION:\*\*

Having filled out the above, reflect on any patterns or recurring themes you've noticed. Write down your thoughts, feelings, and any insights you've gained from this exercise.

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Remember, self-awareness is a strength. By understanding our patterns, we can begin to make choices that better align with our well-being and values. You are deserving of the same love, care, and consideration you give to others.

