

People pleasing traits

Do you tend to for things for others before your own needs? _____

Do you get upset when you disappoint people? _____

Have you allowed others to take advantage of your kindness? _____

Do conflicts cause you stress? _____

Do you avoid conflicts? _____

Does what people think about you matter to you? _____

When a friend is struggling do you step up to care for them? _____

If you spent the day doing things for yourself – do you feel guilty? _____

Do you overdo for others because you struggle with saying no? _____

Do you overextend yourself? _____

Do you often do things out of obligation rather than interest? _____

How does it feel when you do that? _____

Have you stayed in relationships for too long because you believed in the mask of the person you thought they could be? _____

Do you like to be the “helpful” person? _____

Is there an underlining feeling of looking foolish? _____

Have you in the past minimized your own feelings or needs? _____

Do you worry about the future and have a hard time with the uncertainty of the unknown? _____

Are you quick to judge yourself? _____

Do you have trouble relaxing and having fun? _____

How hard is it for you to ask for what you need or want? _____

Have you ever apologized for something you didn't do? _____

If someone has taken advantage of you do you struggle with resentment? _____

Are you that girl/boy that feels like they can do it all? _____