



My People-Pleasing Worksheet

Six short exercises to move from an automatic yes to a kindness you actually choose.

01 How much am I people-pleasing?

How often do I say yes when I really mean no?

1 2 3 4 5 6 7 8 9 10

Hardly ever

Almost always

The person, or place, where I find it hardest to say no:

02 Where it shows up

Tick the ones you recognise, then add your own. Naming the habit takes some of its automatic power away.

- Saying yes when I'm already stretched
- Apologising for things that aren't my fault
- Going quiet to avoid a disagreement
- Cancelling my own plans to fit someone else's
- Feeling responsible for how other people feel
- Struggling to ask for help or hand things over
- Changing what I think to match the room
- Over-explaining or justifying a simple no

Other ways it shows up for me:

03 What it has cost me

People-pleasing always charges a fee; we just don't usually add it up. Think of recent times you said yes when you meant no.

What I did to keep the peace

What it actually cost me

time, energy, resentment, self-respect

04 The fear underneath the yes

Under most people-pleasing is a quiet fear of what happens if we don't. Follow it down one honest step at a time.

If I said no to this person, I'm afraid they would...

And if that happened, what am I most afraid it would mean?
(about me, or about the relationship)

05 A small, honest no

Change comes from small reps, not a dramatic confrontation. Pick one low-stakes situation this week, and write what you'll actually say.

The situation where I'll hold a limit:

What I'll say, kept short and kind (no long justification):

06 What I actually want

When you've spent years tracking what others want, your own wants go quiet. Ask them directly.

Something I want or need that I usually keep to myself:

One small way I'll honour it this week:

When you're done, a moment to reflect

- Whose approval are you working hardest to keep, and what would it cost you to need it a little less?
- When you imagine saying the small no, what does the fear predict, and how often has that prediction actually come true?
- What might you have time and energy for if you weren't carrying everyone else's comfort?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.