

Overcome People-Pleasing

Most of us were taught to be agreeable and charitable and to care about other people's feelings and help them out in times of need. These are wonderful qualities. But people-pleasing generally goes beyond simple kindness.

People-pleasers are known for doing whatever it takes to make other people happy, even when doing so causes them problems. They're sacrificing their own wants, needs, and even self-respect.

The people-pleasers need to please others for reasons that may include:

- Fear of rejection
- Fear of failure
- Insecurities
- The need to be well-liked – and that can cause trouble



When your self-worth depends on making other people happy, you will repeatedly compromise your own needs to please others, and you often care more about other people's opinions and values than your own.

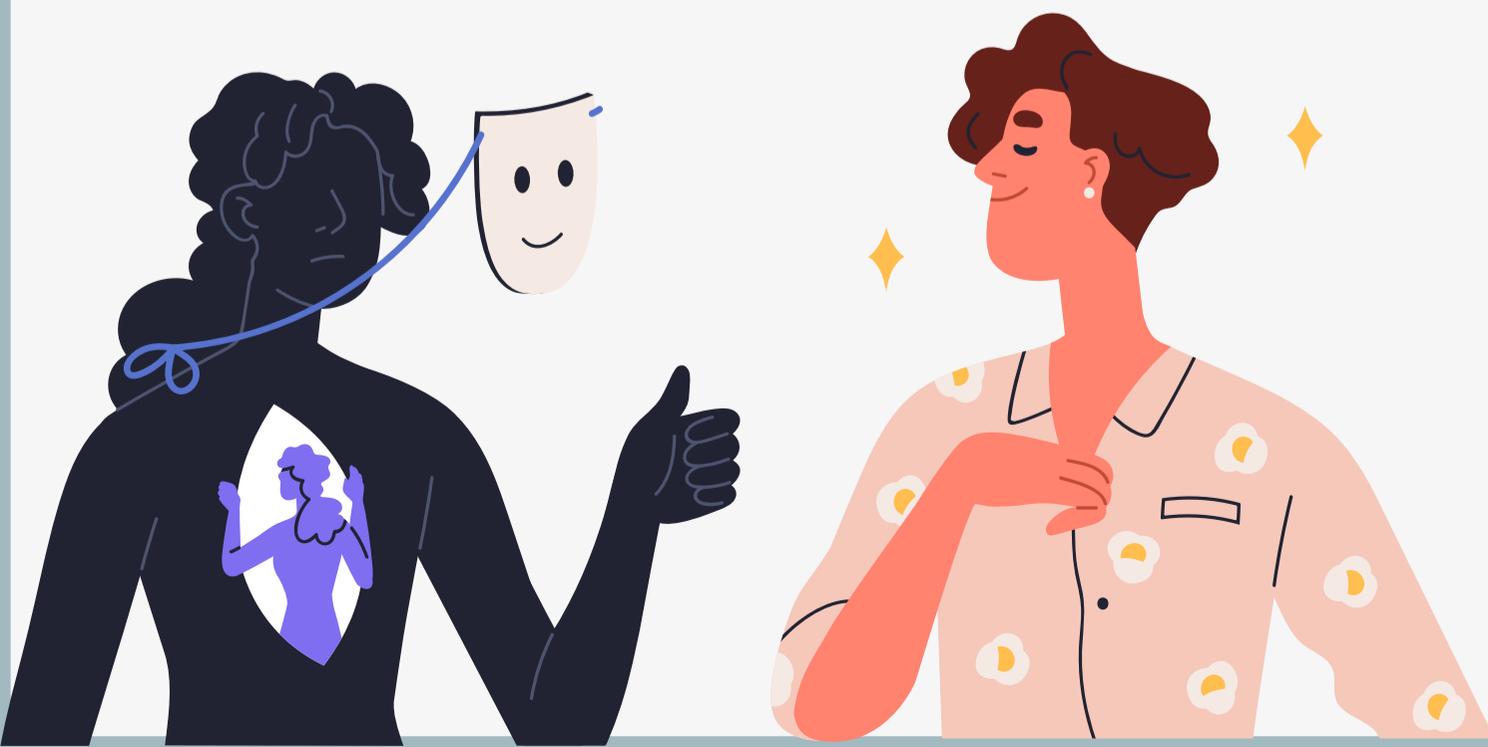
The following questions will help you reflect on what people-pleasing looks like in your life and whether it's working well for you.

In what ways or situations do you silence your own opinions, ideas, wants, or needs? For example, can you think of a recent time when you wanted to say no to a request or ask for something from someone else but didn't?

How does people-pleasing help you?

- You avoid rejection.
- You avoid conflict.
- You feel good about helping others.
- People count on you.
- People like you.
- You avoid embarrassment, guilt, or shame.

- _____
- _____
- _____



How does people-pleasing hurt you?

- You're resentful when you take on things you don't want to.
- You feel guilty when you do say no or disagree.
- You feel like you're missing out on your own life.
- People don't respect you when you're passive and don't have your own opinions.
- You miss out on opportunities or continue to do things you don't like.
- You feel stressed.
- You do things that go against your values (or fail to stand up for your values).
- You feel like you're missing out on your own life.
- You reinforce the thought that you are not deserving or worthy of having your needs met.
- _____
- _____
- _____

How do you think your life would be improved if you could prioritize your needs and be more authentic and assertive?

People-pleasing often stems from a fear of rejection. Overcoming it can help break this cycle – scan the code to learn how with these 10 expert strategies.

