

People Pleasing Worksheet

Name: _____ Date: _____ dd / mm / yyyy

This worksheet is designed to help you identify, understand, and transform your people-pleasing patterns. Take your time with each section and be honest with yourself - there are no right or wrong answers. This is a safe space for self-reflection and growth.

Share your most recent experience with people pleasing.

Situation:

What I really wanted:

What I did instead:

How it made me feel:

Choose the situations that trigger your people pleasing behavior.

Trigger situations

- ☐ Work meetings
- ☐ Family gatherings
- ☐ Social events
- ☐ Group settings
- ☐ One-on-one conversations
- ☐ Online interactions
- ☐ Other

What I think I gain from people pleasing:

What it actually costs me:

Action plan

1.

2.

One boundary I will set today: _____ One "no" I will practice saying: _____

One act of self-care I commit to: _____