

Are you a People Pleaser?

While it's admirable to have an unselfish attitude, there's a big difference between being 'nice' and people taking advantage of you. When we find that we're going out of the way for others *to our detriment*, it becomes clear that something needs to change.

Questions to Figure Out if You Are a People Pleaser

Do you feel guilty if you tell someone no?

Are you afraid that people won't like you if you say no?

Are you more concerned with their feelings than your own, even though you really don't want to say yes?

Do you feel obligated to say yes to this person?

Do you feel like they need you to take care of them even though they are an adult?

Do you say yes to things that leave you exhausted, depressed, or resentful?

Did you answer YES to any of these questions? Does it happen often?

Why Am I A People Pleaser?

- ✓ How did you become a people pleaser?

- ✓ What happens if you don't live up to other people's expectations?

- ✓ So what do you get out of people pleasing?

- ✓ What emotions do you feel when you please someone else?

- ✓ Are you mistaking people pleasing for doing good?

- ✓ Are you taking care of yourself?

- ✓ Do you understand your priorities?

- ✓ Who do you want to please?

Hopefully reflecting on the above questions has given you some clarity on whether or not you are a people pleaser and why. If you are ready to take charge of your life and stop spending your time, money, and energy on everyone else check out our e-book “Not Always Nice” today!