



## How Much of a People Pleaser Are You?

What is the difference between being nice and being a people pleaser?

Are you *too* nice?

**Take this quiz and find out!**

Answer each question **True or False** based on your experience most of the time.

If you find that you act differently in different places or with different people, different at home or at work for example, you can take the quiz more than once. You may be a people pleaser in one area of your life, but not another.

**Particularly notice the statements that**

- Make you feel uncomfortable,
- Your body tense, or
- The statements you want to ignore.

## Are You a People Pleaser?

		True	False
1.	I have difficulty saying no.		
2.	I take better care of others than I do of myself.		
3.	I do things for other people without being asked.		
4.	I help other people with their work even if it means not getting my own work done.		
5.	I don't like conflict.		
6.	I feel responsible for others' happiness.		
7.	I feel guilty when I say "no" to requests or needs of others.		
8.	I worry about hurting others' feelings.		
9.	Deep down, I feel that if people really got to know me they would not like me.		
10.	I find myself apologizing a lot.		
11.	I am exhausted and drained yet I don't stop to take care of myself.		
12.	I feel like I've lost a part of myself.		
13.	I have difficulty making decisions without input from others.		
14.	I am sensitive to the criticism of others.		
15.	I seek approval and validation from others.		
16.	I feel guilty for never doing enough.		
17.	I smile and joke or overlook it when others hurt my feelings.		
18.	I have difficult asking for what I want.		
19.	I have trouble feeling heard and taken seriously.		
20.	I often feel overwhelmed but have difficulty asking for help.		
	Total		



I can't tell you the key to success,  
but the key to failure is  
trying to please everyone.  
- Ed Sheeran

## What now?

Total up your scores and list them below.

\_\_\_\_\_ # True

\_\_\_\_\_ # False

If you have more True answers chances are pretty good that you are a people pleaser.

## You're not alone!

Many of my coaching clients are people pleasers, although they are often not aware of it. They consider themselves nice, with a strong desire to help others.

The desire to help and to be of service is a great quality, yet for many of us **people pleasing can get out of hand causing problems as well as resentment from those around us.**

We all have a tendency to people please in order to take care of others. The line is crossed **when we switch from being nice to doing things for others that drain us.**

When that happens, we lose a part of ourselves. We help others instead of doing our work, or we take care of others at the expense of not taking care of ourselves. We listen to others instead of to our own inner wisdom that knows just what is right for us.



**Many of my clients ask what to do about this.**

I want to empower you to trust your own inner wisdom.

**It's time to do what is right for you.**

If you've spent decades listening to what others wanted, it may feel difficult to once again **get in touch with your own voice that has been silenced** for so long.

**When we spend all our energy trying to please others, we lose ourselves in the process.**

***It's time to break the people pleaser habit.***

### **Your Next Action Step**

Say no! As a people pleaser, you say **yes** more often than Jim Carrey in **YES MAN** (2008). Instead of saying yes when you really want to say no, say no!

Today instead of agreeing to say yes to one more thing that you do not want to do, say no. Yes it's hard. People pleasers, like us, agonize over saying no. **We fear rocking the boat:**

- We fear that others will no longer like us.
- We fear that we will be fired.
- We fear our spouse will divorce us.
- We fear our children will no longer love us.



***All those fears and more come up when we consider saying no.***

I cannot promise that any of these things won't happen or that they might not happen even if you continue to say yes.

**Start small.** "No I don't want Chinese for dinner tonight, I'd rather have a salad." **Work up to the big stuff.**

- Just do it!
- Say no.
- Let me know what happens.



## Learn More

Are you ready to stop people pleasing and start living your life with the clarity to know who you are and what you want, the confidence to take action and overcome obstacles in your way, and the courage to make it happen? [Contact Amelia for a free coaching consultation.](#)

## Meet Amelia

Amelia Barnes empowers women to let go of people-pleasing attitudes and behavior. She supports clients to end relationship drama and self-sabotaging behaviors. Clients release negative inner voices and limiting beliefs allowing them to gain clarity and confidence in who they are and what they want.

With over twenty years experience as both a licensed psychotherapist and a certified life and relationship coach, Amelia **inspires women to trust their inner wisdom, be their authentic selves, and thrive.**

## Ready to Get Started?



I invite you to sign up for a Complimentary Consultation to see how coaching can benefit you. Let's talk and see if we are a good fit.

Contact me at [Amelia@InnerOutcomes.com](mailto:Amelia@InnerOutcomes.com) or 317.688.7278.

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