

People-Pleasing Reflection Worksheet

A moment I noticed myself people-pleasing was...

Try to describe what happened, who was involved, and how you felt at the time—physically or emotionally.

What I *really* wanted to say or do instead was...

Imagine that same moment again, but this time, without pressure to please anyone. What would your honest response have been? This helps you reconnect with your true needs and desires.

A boundary I'd like to try setting next time is...

Boundaries can be small—like asking for space, saying “not now,” or expressing a preference.

A kind thing I can say to myself in that moment is...

People-pleasing often comes with guilt or self-criticism. This is your chance to replace that with compassion. What words would soothe you in that moment?