

PEOPLE PLEASING



EVERYBODY HAS A BRAIN



A Picture of a People Pleaser

You cannot be both a

people-pleaser

and an

authentic person.

newapproachesme.com

THE MANY FACES of a PEOPLE-PLEASER

The Cooper Review.com



PEOPLE PLEASING

7 STRATEGIES TO STOP PEOPLE PLEASING

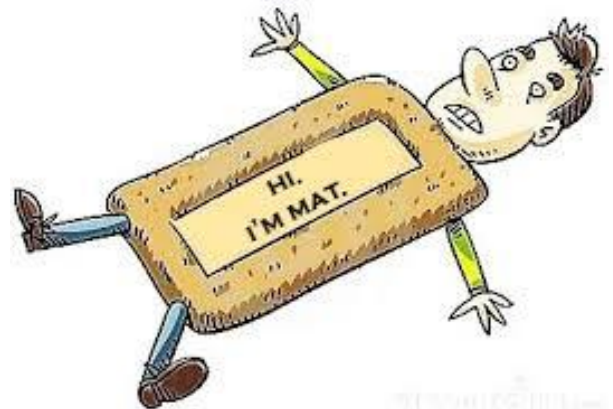
1. **Stop.** Literally stop right now and think about the times you have said yes, when you really wanted to say no.
2. **Take your time.** If someone asks for a favor, take time to think about it or check your schedule.
3. **Be Fair.** Am I being fair to myself and others in my life if I say yes?
4. **Don't over-apologize.** If you can't make a commitment or have to say no, a simple "I am sorry" is fine.
5. **Start Small.** Limit your availability to help, set a time limit, or ask for assistance on small things.
6. **Forget the Fear.** If others get mad because you say no occasionally, they are not people you should be surrounding yourself with anyways.
7. **Ask for help.** Recognizing when it's too much to handle or if you need help is a sign of someone who is confident and assertive.

Emily Roberts

www.HealthyPlace.com



"After you finish the dishes, we can start those three work projects, try to meet new husbands, have even more children, torture ourselves for our inadequacy ... and then relax."



FIRST BORN



responsible
motivated
conscientious
controlling
cautious
reliable
perfectionist
achiever
leader
bossy

MIDDLE BORN



feels left out
peacemaker
social
adaptable
people-pleaser
can be rebellious
independent
go-between

LAST BORN



uncomplicated
manipulative
seeks attention
self-centered
fun
social
charming
outgoing

THE ONLY CHILD



seeks approval
sensitive
leader
confident
center of attention
mature for their age
conscientious
responsible
perfectionist