

Journaling Prompts: Overcome People Pleasing

1. In what ways or situations do you silence your own opinions, wants, or needs?

2. How is people-pleasing helping you? The following are some suggestions:

- You avoid conflict.
- You avoid rejection.
- You avoid embarrassment, guilt, or shame.
- People like you.

3. How is people-pleasing hurting you? The following are some suggestions:

- You're overwhelmed and tired because you don't know how to say no.
- You're resentful when you agree to do things you don't want to do.
- People don't respect you when you're passive and don't assert yourself.
- You miss out on opportunities or continue to do things you don't like.

- You feel like you can't please everyone, no matter how hard you try.
- You do things that go against your values.
- You've lost track of who you are, what you want, and what's important to you.
