ARE YOU A *PEOPLE PLEASER?*

HOW TO IDENTIFY IF PEOPLE PLEASING IS RUINING YOUR BUSINESS (AND YOUR LIFE.)

READ EACH QUESTION CAREFULLY. ANSWER EACH QUESTION WITH EITHER "YES" OR "NO". TALLY THE NUMBER OF "YES" ANSWERS AT THE END OF THE ASSESSMENT.

		YES	NO
01	DO YOU FREQUENTLY PUT THE NEEDS OF OTHERS BEFORE YOUR OWN?	☐	☐
02	DO YOU HAVE DIFFICULTY SAYING "NO" TO REQUESTS FROM OTHERS?	☐	☐
03	DO YOU FIND IT HARD TO DELEGATE TASKS TO OTHERS?	☐	☐
04	DO YOU AVOID CONFLICT OR DISAGREEMENTS WITH OTHERS AT ALL COSTS?	☐	☐
05	DO YOU SACRIFICE YOUR OWN GOALS AND ASPIRATIONS TO MAKE OTHERS HAPPY?	☐	☐
06	DO YOU FIND YOURSELF CONSTANTLY TRYING TO PLEASE YOUR EMPLOYEES, CUSTOMERS OR CLIENTS?	☐	☐
07	DO YOU COMPROMISE YOUR OWN VALUES AND BELIEFS TO ACCOMMODATE OTHERS?	☐	☐
08	DO YOU GO OUT OF YOUR WAY TO AVOID DISAPPOINTING OTHERS?	☐	☐

09	DO YOU FEEL GUILTY WHEN YOU CAN'T MEET THE EXPECTATIONS OF OTHERS?	YES ☐	NO ☐
10	DO YOU OFTEN FEEL OVERWHELMED AND OVERWORKED DUE TO TRYING TO MEET THE DEMANDS OF OTHERS?	YES ☐	NO ☐
11	DO YOU FEEL THE NEED TO CONSTANTLY APOLOGIZE FOR YOUR ACTIONS OR DECISIONS?	YES ☐	NO ☐
12	DO YOU OFTEN FEEL LIKE YOU ARE NOT BEING TRUE TO YOURSELF IN ORDER TO PLEASE OTHERS?	YES ☐	NO ☐
13	DO YOU STRUGGLE TO ASSERT YOURSELF AND SET BOUNDARIES WITH OTHERS?	YES ☐	NO ☐
14	DO YOU FIND IT HARD TO MAKE DECISIONS WITHOUT SEEKING APPROVAL FROM OTHERS?	YES ☐	NO ☐
15	DO YOU FEEL LIKE YOU CONSTANTLY NEED TO BE LIKED AND ACCEPTED BY OTHERS?	YES ☐	NO ☐
16	DO YOU OFTEN FEEL LIKE YOUR OWN OPINIONS AND THOUGHTS ARE NOT VALUED BY OTHERS?	YES ☐	NO ☐
17	DO YOU FEEL LIKE YOU HAVE TO HIDE YOUR TRUE FEELINGS AND EMOTIONS TO AVOID OFFENDING OTHERS?	YES ☐	NO ☐
18	DO YOU HAVE TROUBLE STANDING UP FOR YOURSELF WHEN FACED WITH CRITICISM OR OPPOSITION FROM OTHERS?	YES ☐	NO ☐

		YES	NO
19	DO YOU FEEL LIKE YOU CONSTANTLY HAVE TO PROVE YOURSELF TO OTHERS?	☐	☐
20	DO YOU FIND YOURSELF CONSTANTLY ADJUSTING YOUR BEHAVIOR TO FIT IN WITH OTHERS?	☐	☐

RESULTS:

- IF YOU ANSWERED "YES" TO 0-5 QUESTIONS, YOU ARE NOT LIKELY A PEOPLE PLEASER.
- IF YOU ANSWERED "YES" TO 6-10 QUESTIONS, YOU MAY EXHIBIT SOME TENDENCIES OF BEING A PEOPLE PLEASER.
- IF YOU ANSWERED "YES" TO 11-15 QUESTIONS, YOU ARE LIKELY A PEOPLE PLEASER.
- IF YOU ANSWERED "YES" TO 16-20 QUESTIONS, YOU ARE HIGHLY LIKELY A PEOPLE PLEASER.

NOTE: THIS ASSESSMENT IS NOT A SUBSTITUTE FOR PROFESSIONAL EVALUATION AND DIAGNOSIS. THE RESULTS ARE INTENDED FOR SELF-REFLECTION AND CAN HELP YOU GAIN INSIGHT INTO YOUR TENDENCIES TOWARDS PEOPLE PLEASING BEHAVIOR.

If you find that your score is lower than you would like, don't worry. We're here to help. We offer a variety of services, including consulting and training, to help you put people pleasing in it's place and and take control of your business. CLICK HERE to schedule a 15 min Business Consultation.



David + Steph