

People Pleaser Quiz

From the original "People Pleaser Quiz.pdf" · 8 pages

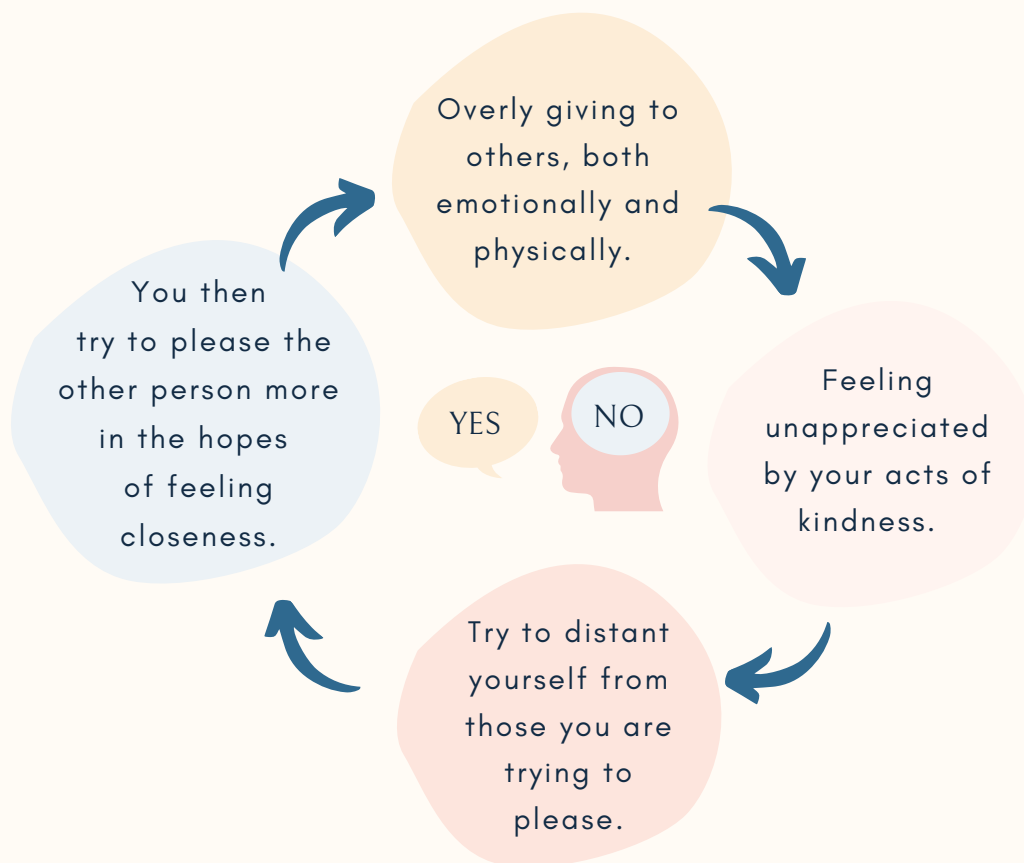
What this is. The original handout (8 pages) reproduced page for page inside the house frame, unaltered, so that every word, line, table and illustration is exactly as its author set it. It replaces the September 2026 redesign of this file, which re-set the text and chopped it.

Contents

Original page 1 · ARE YOU A PEOPLE PLEASER?
Original page 2 · PEOPLE PLEASER QUIZ
Original page 3 · PEOPLE PLEASER QUIZ
Original page 4 · PEOPLE PLEASER QUIZ
Original page 5 · PEOPLE PLEASER QUIZ
Original page 6 · PEOPLE PLEASER QUIZ
Original page 7 · TIPS TO OVERCOME THE PEOPLE
Original page 8 · REFLECTION PAGE:



ARE YOU A PEOPLE PLEASER?



At its core, people-pleasing is the act of pleasing others over oneself.

It might look like selflessness, but it is motivated by a fear of not being accepted and a desire to be liked.

Constant people pleasing can manifest in being overly agreeable to others and/or putting too much effort into gaining acceptance or approval from others. These behaviors often result in putting yourself in situations that might be regarded as unfavorable but for the end goal of pleasing others so they will like you and reciprocate your efforts. In other words, pleasers will engage in people-pleasing behaviors, assuming that they will be rewarded and reciprocated.

People-pleasing can lead to imbalanced relationships where one party is always giving (the people pleaser), and one party is always taking. These interactions can cause resentment to arise due to unmet expectations rooted in covert contracting with others.

So how can you tell when you are doing this? An honest self-appraisal is a good place to start. Ask yourself the following questions:

PEOPLE PLEASER QUIZ

ARE YOU A PEOPLE PLEASER?

People pleasers are often seen as being kind and giving. But this kind of behavior is self-destructive and can sabotage your goals.

Read each statement, and tick the box if you agree with it and think it is true.

	STATEMENT	TRUE?
1	Are you a kind person, but purposefully exaggerate it in front of people?	
2	Do you make a serious effort into making others happy?	
3	Do you feel like an actor or actress in front of people?	
4	Do you show raw emotions in front of people?	
5	Do you find yourself running away from conflict?	
6	Is apologizing something you do, even if it wasn't your fault?	
7	How highly do you think of yourself?	
8	Do you show your true opinions?	

PEOPLE PLEASER QUIZ

	STATEMENT	TRUE?
9	I feel like a doormat and that I am being used.	
10	I have visitors that either come at inconvenient times or overstay their welcome.	
11	I say "yes" when I really want to say "no."	
12	Others express concern about my need to please.	
13	I lie rather than face the rejection of certain individuals.	
14	I worry about hurting others' feelings.	
15	How people respond to me is really important.	
16	I have a hard time ending conversations when I want too.	
17	I measure my self-esteem by how much I "do" as well as the "praise" and appreciation I receive from others.	
18	I avoid conflict and disagreements at all costs.	

PEOPLE PLEASER QUIZ

	STATEMENT	TRUE?
19	I feel guilty when I say "no."	
20	I apologize more than once a day.	
21	I strive to be "perfect."	
22	I'm worried about something all the time. Often, it's about the reactions to what I said or did or what might happen in the future.	
23	I have noticed my need to please is getting worse.	
24	Whenever I sense that someone disagrees with my point of view, I tend to soften my position.	
25	I find it hard to set boundaries with some people.	
26	I intentionally compliment people to appear more likeable.	
27	I work overtime to please my boss and/or colleagues.	
28	Whenever my friends complain about something, I tend to express my agreement with their point of view even if I secretly think they are wrong.	

PEOPLE PLEASER QUIZ

	STATEMENT	TRUE?
29	I forgive those who hurt me out of fear of losing relationships, even when it still hurts inside.	
30	I give more than I take.	
31	I resent others for not reciprocating.	
32	I imitate other people's behavioral and clothing styles.	
33	I don't complain about a bad service or product.	
34	Do you allow yourself to be vulnerable with others?	
35	Do you assert your needs?	
36	Are you comfortable with upsetting someone else, even if you know you are in the right?	
37	Do you stand up for your beliefs and values?	
38	Does your personality change depending on who you are talking to?	

PEOPLE PLEASER QUIZ

RESULTS

0-9

You are independent with a healthy sense of your own worth, values and beliefs. You can handle criticism effectively either by taking it on board to make positive change for yourself or you are happy to let it go if you disagree. You are happy to voice your opinions and let people know when you disagree with them. Some people may find you intimidating or not sensitive enough, but that doesn't bother you too much because you are happy with who you are.

10-19

You are a warm and considerate person without being needy to others. you easily put your own needs first but when you can you are also happy to care and be there for others. There are times when you give more than you take and there are times when you don't voice your opinions for the sake of keeping the peace, but you analyse each situation independently. Overall, you are good to yourself and you attend to others when you have the time and energy.

20-29

While you are not a chronic people pleaser, you are getting very close as you do sacrifice a lot. You may be very assertive with some people in your life while being treated like a doormat by some others. You most likely find it difficult to assert yourself with some of the most important people in your life such as, your spouse, your children or some family members. You lack energy and feel drained trying to please everyone else.

30-38

You are rely heavily on other people's opinion about you for your own self esteem and self worth. If someone mistreats you or looks down on you, you automatically blame yourself. You tend to get caught up in this unproductive cycle and may feel worn out, depressed and anxious. You have forgotten how to put yourself first and be confident in who you are. Unfortunately, you may have been caught up in this cycle for too long that you have even forgot who you are and what your true identity is.

TIPS TO OVERCOME THE PEOPLE PLEASING CYCLE.

1 Be true to yourself instead of trying to fit in

Learn to say "NO"

2

3 Set healthy boundaries

Stop making excuses

4

5 Listen to your inner voice

Remember that you can't please everyone

6

7 Learn to be assertive and stand up for yourself

Accept yourself

8

9 Ask others for help

Be more honest about your feelings

10

