A PAUSE, A PRACTICE, A NEXT STEP

People Pleasing

Your needs belong in the conversation.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Notice the automatic yes

Before agreeing, check your time, energy, and preference. A pause can create room for a decision that includes you.

01 / Notice and reflect

What do I actually want or have capacity for?

02 / Notice and reflect

What am I afraid will happen if I pause or decline?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek care if fear of disapproval drives exhaustion, resentment, or unsafe relationships. If saying no could place you at risk, plan with a trusted professional rather than confronting the person alone.

Read more: Mayo Clinic · Assertive communication

More tools and immediate support: Our Healing Room / Crisis Support.