

PEOPLE PLEASER SELF-ASSESSMENT

Honestly consider the following statements, and score according to your own experiences.

Disagree – 0 In the past – 1 Sometimes – 2 Frequently – 3

I have trouble saying no even when I know I should.	0	1	2	3
I often say, "it doesn't matter" when it really does.	0	1	2	3
I seldom feel angry, but often feel hurt.	0	1	2	3
In the name of peace, I try to avoid talking about problems.	0	1	2	3
I usually feel that other people's needs are more important than my own.	0	1	2	3
I often apologize.	0	1	2	3
I would rather give in than make anybody else mad.	0	1	2	3

Total: _____



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Now... let's interpret your results!

- 17+** **17+ Pro-Level Pleaser**
You're a people-pleasing powerhouse! Your go-to strategy is putting others first, even at the expense of your own needs. While this often earns you praise, it leaves you feeling drained and overlooked.
- 11 – 16** **12-16 Conflict Dodger**
You're the master of compromise, always eager to smooth things over and keep the peace. Though you prioritize harmony, you often sacrifice your own needs and desires to maintain it.
- 7 – 12** **7-11 Conscientious Collaborator**
You balance caring for others with attending to your own needs. While you do prioritize harmony, you also recognize the importance of self-care and assertiveness in maintaining healthy relationships.
- ≤ 6** **0-6 Balanced Boundary-Setter**
You've found the sweet spot of helping others without losing yourself. You navigate social situations with confidence, knowing when to say no and how to prioritize your own well-being.

