

Am I a
People Pleaser?



Quiz

Take the quiz and find out if you have severe or mild people pleasing tendencies.



Mini Personal Assessment:

The 15 sentences below can roughly indicate if you have serious, moderate or mild people-pleasing tendencies. The strategy to answering this mini assessment is simple : choose 'true' or 'false' based on your first instinct towards each question. You will gain one point for every statement which you select as 'True'. We will add up our total score at the end of this assessment.

Tip: If your first reaction is to cringe when you read a sentence, there is a high chance that your answer should be 'False'.

The Quiz

- I believe that good people always put other people's needs above their own.
True or False?
- People who 'suffer' or always sacrifice their own needs for other people will always be rewarded.
True or False?
- I apologise to other people even when it's not my fault because I don't want to anger or upset them.
True or False?
- I want to be liked by everyone!
True or False?
- It is difficult for me to express criticism and unhappiness about something because I want to avoid conflict.
True or False?
- I feel guilty whenever I say 'No' to someone's request even when it's an unreasonable or an unnecessary request.
True or False?
- I am secretly resentful of people taking advantage of my nice nature and asking me to do things I don't want to do.
True or False?
- I am scared of conflict and I avoid it as much as I can.
True or False?
- I always make other people happy first before making myself happy.
True or False?
- I find it difficult to say 'no' to unreasonable requests which I don't wish to fulfil. I say 'yes' and oblige to those requests anyway.
True or False?
- I become excessively worried when someone is upset with me or if someone thinks of me as a 'bad' person.
True or False?
- If I put my own needs before other people's (non-urgent) wants, I am being selfish.
True or False?
- I oblige to other people's (non-urgent) requests even when I am exhausted, because I don't want to disappoint or upset them.
True or False?
- I must fulfil requests and never let other people down even if those requests are unrealistic.
True or False?
- I believe 'nice' people will be rewarded and hence, I sacrifice my own happiness for other people's happiness.
True or False?

How did you score?

If you scored between 11 to 15....

Your people-pleasing tendencies are serious and you need to act fast in order to gain control over your life. .

If you scored between 6 to 10....

You have some people-pleasing tendencies. It is advisable to take action now to prevent it from getting worse.

If you scored between 0 to 5...

You have little to zero people-pleasing tendencies. You are likely to have clear boundaries and are comfortable voicing out your opinions if someone oversteps your boundaries. Even so, it is beneficial for you to be aware of strategies to prevent people-pleasing so that you maintain the healthy balance you currently have.



Reflections:

Putting the needs of others ahead of my own makes me feel.....



Kathy Wiens Coaching

Reflections:

What do you hope to gain by putting the needs of others ahead of my own?

Conflict creates.....

To be a nice person I need to.....

To care for myself I need to.....