

People Pleasing

Signs and Symptoms

1. Have a strong desire to do everything right
2. Find you are overly obsessed with details
3. Easy to please or always agree with others (even when you don't)
4. Fear of disapproval
5. Have a very hard time setting limits or
6. Feel like you are never enough
7. Have a very hard time making decisions (need to please everyone)
8. Often become resentful when your efforts aren't recognized (unrealistic expectations)
9. Depression can occur
10. Anxiety
11. Lack confidence

How it can Affect Others

1. Frustration (relationships feel compromised)
2. "I'm never enough" (unrealistic expectations)
3. Depression (unrealistic expectation)



Restoration as You Shift

1. More peace/relaxed
2. Self-Confident
3. Less anxious
4. Acceptance
5. More decisive about what you want and
6. More energetic