

People-Pleasing Tracker

Notice · understand · choose differently

People-pleasing often develops as a way to feel safe, liked, or to avoid conflict. This tracker helps you notice when it shows up, understand what is driving it, and explore more balanced ways of responding.

WEEK OF _____

Your needs matter too.

DATE · TIME	SITUATION What was happening? Where? With whom?	WHAT DID I DO? e.g. agreed, apologised, said yes, took on more, hid my opinion	WHAT WAS I THINKING? e.g. "They'll be upset." "I need to be liked."	HOW DID I FEEL? · 0-10				WHAT WAS THE OUTCOME? In the short term, and the long term?
				Anxious 0-10	Guilty 0-10	Responsible for others 0-10	Resentful 0-10	

A gentle reminder

You can be a kind, caring person and still have boundaries. Your worth is not measured by how much you do for others.

Tips for change

- Pause and check in with what you want and need.
- Practise saying no in small, low-risk situations.
- Expect some guilt at first; it tends to ease with practice.
- Notice and question unhelpful thoughts.
- You are not responsible for other people's emotions.
- Celebrate progress, not perfection.

Understanding My Pattern

Tick what fits, then reflect on the week

COMMON PEOPLE-PLEASING BEHAVIOURS

- ☐ Saying yes when I want to say no
- ☐ Apologising when it's not my fault
- ☐ Taking on extra tasks or responsibility
- ☐ Avoiding conflict or difficult conversations
- ☐ Hiding my true feelings or opinions
- ☐ Going along with others to keep the peace
- ☐ Over-explaining or justifying myself
- ☐ Checking repeatedly for reassurance

Other _____

POSSIBLE TRIGGERS

- ☐ Fear of rejection or criticism
- ☐ Conflict or tension
- ☐ Someone appears disappointed
- ☐ Wanting to be liked or accepted
- ☐ Feeling guilty
- ☐ Authority figures
- ☐ Close relationships
- ☐ Not knowing what to do

Other _____

COMMON THOUGHTS

- ☐ "They'll think badly of me."
- ☐ "I don't want to upset them."
- ☐ "It's easier to just say yes."
- ☐ "I should be able to handle this."
- ☐ "Their needs are more important than mine."
- ☐ "If I don't, they won't like me."
- ☐ "I feel guilty if I say no."
- ☐ "I need to keep the peace."

Other _____

MORE BALANCED THOUGHTS

- ☐ "It's okay to have my own needs."
- ☐ "I can be kind and still set limits."
- ☐ "I don't have to be liked by everyone."
- ☐ "Discomfort is temporary."
- ☐ "Other people's emotions aren't my responsibility."
- ☐ "It's okay to say no."
- ☐ "I can consider what I want and need."
- ☐ "Healthy relationships can handle honesty."

Other _____

My patterns

What do I notice about when, where or with whom I people-please most?

The impact

How does it affect me: emotions, relationships, time, energy, sense of self?

What helps

What has helped me set limits or speak up in the past?

My intention

One small, realistic action I would like to try this week:

NEXT TIME, INSTEAD OF AN AUTOMATIC YES, I COULD SAY...

"Let me check and get back to you."

"I can't this time."

"I can do this part, but not that."

"I need a bit of time to think."

My own words _____