

# PEOPLE PLEASERS SCORE CARD



This short assessment is designed to help you understand more about your interpersonal behaviours, particularly how often you find yourself putting the needs and happiness of others before your own.

In our daily lives, it's common to want to help & please those around us, but when does this natural tendency become overwhelming or detrimental to our own well-being? Through this scoring, you'll reflect on your habits and reactions in various situations that commonly occur in relationships—both personal and professional.

Let's get started and uncover how you can balance your wonderful trait of being caring and considerate with maintaining your own happiness and boundaries. Circle your most accurate answer for each question, based on the following scale and add them up at the bottom:

① Never      ② Rarely      ③ Sometimes      ④ Often      ⑤ Almost Always

1. How often do you agree to do something when you really don't want to, just to make someone else happy?

\_\_\_\_\_

①    ②    ③    ④    ⑤

2. Do you find it difficult to express your true feelings when they are likely to be unpopular?

\_\_\_\_\_

①    ②    ③    ④    ⑤

3. When someone is upset or angry, do you feel it's your responsibility to make things better?

\_\_\_\_\_

①    ②    ③    ④    ⑤

4. Do you often compromise your own needs to avoid conflicts or arguments?

\_\_\_\_\_

①    ②    ③    ④    ⑤

5. How frequently do you feel resentful or taken advantage of after helping others?

\_\_\_\_\_

①    ②    ③    ④    ⑤

6. Do you feel guilty when you prioritize your needs or say no to requests?

\_\_\_\_\_

①    ②    ③    ④    ⑤

7. Do you often worry about what others think of you, especially if you don't meet their expectations?

\_\_\_\_\_

①    ②    ③    ④    ⑤

8. How often do you find yourself apologizing, even when you believe you've done nothing wrong?

\_\_\_\_\_

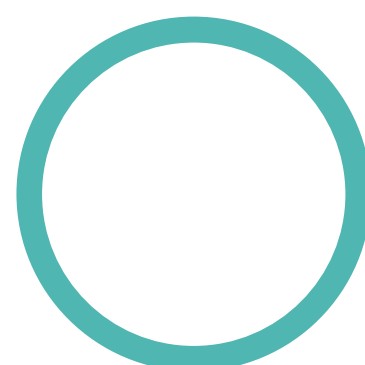
①    ②    ③    ④    ⑤

9. Do you feel a strong need for the approval and validation of others in your decisions?

\_\_\_\_\_

①    ②    ③    ④    ⑤

YOUR TOTAL SCORE:



# PEOPLE PLEASERS SCORE RESULTS



Congrats! Now let's see what it all means. Following are insights into how pronounced your people-pleasing tendencies are and what this might mean for your personal relationships and emotional health.

Whether you find that you have low, moderate, or high people-pleasing tendencies, the results will offer a better understanding of how these behaviors affect your life and guide you toward potentially needed changes or affirmations.

## 10-20 Points: Low People-Pleasing Tendencies

**Assessment:** You show a healthy balance in your interactions, rarely feeling compelled to please others at the expense of your own well-being. You are generally comfortable expressing your needs and setting boundaries.

**Potential Issues:** While having low people-pleasing tendencies is generally positive, be mindful that sometimes this can be perceived as detachment or aloofness. Ensure that your assertiveness doesn't unintentionally distance you from others.

**Transformation Outcome:** By maintaining this balance, you continue to build strong, genuine relationships based on mutual respect and understanding. This also fosters a healthy self-esteem as you honor your own needs and values, leading to a fulfilling and autonomous life.

## 21-35 Points: Moderate People-Pleasing Tendencies

**Assessment:** You often find yourself trying to meet others' expectations, sometimes at the cost of your own needs. While this can make you very approachable and cooperative, it might also lead to stress and resentment if not managed well.

**Potential Issues:** This level of people-pleasing can lead to emotional burnout, decreased self-esteem, and potential neglect of personal goals or health. You may struggle with feelings of inadequacy or fear of rejection.

**Transformation Outcome:** Addressing these tendencies can help you cultivate a stronger sense of self and learn to value your own needs as much as others'. This shift can reduce stress and increase your life satisfaction by creating more balanced and reciprocal relationships.



# PEOPLE PLEASERS SCORE RESULTS

## 36-50 Points: High People-Pleasing Tendencies

**Assessment:** Your high score indicates a strong inclination to prioritize others' needs and desires, often at the expense of your own well-being. This may make you highly appreciated in some circles but can lead to significant personal and emotional costs.

**Potential Issues:** High levels of people-pleasing are often associated with deep-seated fears of rejection and a strong need for external validation. This can lead to serious issues like chronic stress, relationship imbalances, and a diminished sense of self-worth.

**Transformation Outcome:** By consciously working to reduce your people-pleasing behaviours, you can achieve a major transformation in your life. Learning to assert your needs and establishing healthier boundaries will not only improve your own mental and emotional health but also lead to deeper and more authentic relationships. This empowerment will enable you to live a life that truly reflects your values and desires.

## Unlock Your Full Potential

Understanding your people-pleasing tendencies is just the beginning. If you're ready to dive deeper and transform these insights into action, I'm here to guide and support you. Schedule your free consultation today and discover how you can live a more empowered and fulfilling life.



As part of our journey together, I also invite you to subscribe to our newsletter. You'll receive our weekly ABC Article, with all things Awareness, Beliefs & Courage, along with other tips and trainings directly to your inbox, helping you continue your path to personal growth & development.

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