

Identifying People Pleasing Habits

Actions and Behaviours

Take a look at the examples below, check any that may apply to you:

- I find it hard to say “no”.
- I feel burdened by all the things I agree to do
- I find it hard to relax and be myself around others
- I always try to accommodate others
- I tend to put other’s needs before my own
- I avoid asking for help because I worry I will inconvenience others
- I avoid disagreeing with others in case I create conflict
- I prefer being the caregiver in my relationships
- I find myself apologizing often
- I usually allow others to make decisions rather than offering my own perspectives

If you have checked more than 5 statements, the rest of this handout will provide some guidance on identifying personal strengths and how to set healthy boundaries with others, both in your personal and professional life.



Creating Healthy Boundaries

What are boundaries and what do they look like?

Boundaries are the limits and rules you establish in relationships to define what is acceptable to you physically, emotionally, and mentally.

Creating and maintaining healthy boundaries benefits you and those around you by making communication clearer and more respectful.

There are multiple types of boundaries, we will provide verbal examples for three of them:

Physical, Emotional and Interpersonal

Physical Boundaries

- "Please give me some space"
- "I need to step away for a moment."
- "I've realized that I need a bit more time alone than I used to. I hope you understand."
- "I need some time to think about how I would like to respond."
- "I'd prefer a wave to say hello and not a hug"

Emotional Boundaries

- "I feel overwhelmed and might need to come back to this conversation."
- "I appreciate your concern, but I am not ready to discuss the issue right now."
- "Please respect my feelings on this matter."
- "I care about you, but I cannot provide that type of support to you at the moment."

Interpersonal Boundaries

- "I need more clarity and care in our communication."
- "How you spoke to me is not acceptable."
- "I feel uncomfortable with this behaviour/situation/action and need it to stop."
- "I would like for my opinion and input to be heard and respected."

What are my strengths?

Approachable

Kind

Decisive

Caring

Skillful

Ambitious

Creative

Brave

Fair

Honest

Considerate

Optimistic

Generous

Independent

Funny

Adventurous

Reflective

Enthusiastic

Authentic

Patient

Highlight the words that apply as a reminder to yourself
when you reflect on this handout

How can I apply these strengths?

Use the prompt boxes below to fill out the strengths you chose, how they help you and explore ways to acknowledge them in new ways:

List your strengths here:

How have these strengths helped you in your personal and professional life?

[e.g. being a caring person means that I can provide great support to my friends and colleagues]

Think of some ways you can acknowledge and honour your strengths:

[e.g. being a generous person is wonderful for those around me, but I can also be kinder to myself when my cup feels empty]

Acknowledge the strengths that may lead you to 'people-please', what can you do to make sure that you protect and maintain appropriate boundaries?

[e.g. being considerate of others is nice, but it's also important for me to speak up and have my opinions and ideas heard. My opinion is worthy of sharing with others]