

JOURNAL PROMPTS TO HELP YOU OVERCOME PEOPLE-PLEASING

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- What experiences molded you into a people-pleaser?
- What contributed to your fear of rejection, abandonment, conflict, and criticism?
- What are some of your needs that frequently go unmet?
- How do you feel when you don't practice self-care or don't express your opinions and wants?
- Why do you undervalue your needs and ideas? What happens when you do this?
- What prevents you from being assertive?
- How can you tolerate the pain of someone being angry at you or not liking you?
- How can you comfort yourself?
- What can you say to yourself to remind yourself that disagreeing is okay and meeting your own needs is healthy?
- How can you balance your needs and other people's needs?
- How can you ask for what you need? What words will you use? How and when will you ask?
- What might help you express your opinions and ideas more honestly?
- How will your health and relationships improve if you take better care of yourself?