

# AI-00085 50 signs that I am people pleaser

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## 50 signs that I am people pleaser

1. You have a hard time saying "no" to others, even when it's inconvenient for you.
2. You often find yourself agreeing with others even if you don't really believe in what they're saying.
3. You feel responsible for other people's emotions and happiness.
4. You put others' needs before your own, sometimes to the point of neglecting your own needs.
5. You feel guilty or ashamed when you disappoint others.
6. You feel anxious or stressed when you think someone might be upset with you.
7. You avoid conflict at all costs, even if it means sacrificing your own needs or values.
8. You apologize frequently, even for things that aren't your fault.
9. You try to make everyone happy, even if it means sacrificing your own happiness.
10. You have a hard time asserting yourself and expressing your own opinions.
11. You constantly seek validation and approval from others.
12. You feel uncomfortable when someone is angry with you.
13. You have a hard time making decisions without input from others.
14. You often feel guilty for taking care of yourself instead of others.
15. You have a hard time setting boundaries with others.
16. You tend to avoid confrontation or difficult conversations.
17. You have a hard time accepting criticism or negative feedback.
18. You feel responsible for fixing other people's problems.
19. You often prioritize others' happiness over your own.
20. You feel like you have to be perfect in order to be accepted or loved.
21. You have a hard time prioritizing your own needs and wants.
22. You have a hard time saying "no" to people, even if it means overcommitting

yourself.

23. You have a hard time standing up for yourself.
24. You feel like you have to constantly prove yourself to others.
25. You often feel drained or exhausted from trying to please others.
26. You have a hard time asking for help or support from others.
27. You tend to avoid confrontation or difficult conversations.
28. You feel like you have to justify your choices or decisions to others.
29. You have a hard time expressing your own emotions and needs.
30. You tend to avoid expressing disagreement or dissenting opinions.
31. You feel like you're not doing enough for others.
32. You tend to take on more responsibility than you can handle.
33. You have a hard time delegating tasks to others.
34. You feel guilty for taking time for yourself.
35. You have a hard time accepting compliments or praise.
36. You feel like you have to be everything to everyone.
37. You tend to avoid conflict, even if it means sacrificing your own needs or values.
38. You have a hard time accepting help or support from others.
39. You tend to over-apologize, even for minor things.
40. You have a hard time making decisions without input from others.
41. You tend to avoid expressing your own opinions, especially if they conflict with others'.
42. You feel like you have to prove yourself to others.
43. You feel guilty when you prioritize your own needs over others'.
44. You have a hard time setting boundaries with others.
45. You feel like you're not doing enough to help others.
46. You have a hard time saying "no" to people, even if it means sacrificing your own needs.
47. You tend to avoid expressing your own needs and desires.
48. You feel like you have to put others' needs before your own.
49. You tend to avoid conflict, even if it means sacrificing your own values.
50. You have a hard time asserting yourself in social situations.