

# The Shadow of People Pleasing

## A Guided Reflection Worksheet

This worksheet is designed to help you explore the deeper patterns behind people-pleasing—not as something to fix, but to understand. Move through each section with honesty and curiosity.



# Disclaimer



## Important To Note:

This worksheet is intended for personal reflection and educational purposes. It is designed to support self-awareness and help readers explore emotional patterns, triggers, and behaviors that may influence their personal growth.

This worksheet is **not a substitute for professional mental health care**. It does not diagnose, treat, cure, or prevent any psychological or medical conditions. The exercises and reflections provided are meant to support self-exploration and should not be used as a replacement for guidance from a licensed therapist, counselor, psychologist, or other qualified mental health professional.

Shadow work can sometimes bring forward difficult memories, emotions, or experiences. If at any point you feel overwhelmed, distressed, or in need of additional support, it is strongly recommended that you seek help from a licensed mental health professional.

By using this worksheet, you acknowledge that the author provides this material as a tool for personal reflection and growth, and not as medical or psychological advice.



## Section I — Awareness

### Where in my life do I say yes when I want to say no?

This is where the pattern begins to reveal itself. Look at your daily life—work, relationships, small moments, and larger commitments. Not just where you say yes, but where you feel resistance before you do.

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### What am I afraid will happen if I say no?

Be honest here. Let your mind go to the worst-case scenario if it needs to. What are you trying to avoid?

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### What emotion comes up when I disappoint someone?

Notice what arises in your body. Is it guilt? Anxiety? Shame? How quickly does it appear?

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What you're noticing now isn't random. Patterns like this are learned—often long before you were aware of them.

# Section II — The Root

## When have I felt this before?

This may not be about the present moment. Let your mind move backward—to earlier experiences where these same feelings first appeared.

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## What did I learn about being 'good' growing up?

What was expected of you? What was rewarded?

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## What did approval mean in my early environment?

Was approval tied to love? To safety? To belonging? You don't need perfect answers—only honest ones.

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Now that you've seen where this shows up and where it may come from, we can begin to understand why it stays.

## Section III — The Pattern

### What do I gain from people pleasing?

Even patterns that hurt us serve us in some way. What does this protect, avoid, or provide?

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### What does it cost me?

Time, energy, honesty, self-trust... What are you giving up to maintain this pattern?

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**Example:** You're asked to stay late at work. You feel tired. You already had plans. But before you can think, you say yes. Not because you want to, but because saying no feels uncomfortable. The fear isn't about the task. It's about what saying no might mean.

## Mini Exercise — The Part of Me That People Pleases

There is a part of you that learned this pattern for a reason. This part of you is not a weakness. It is protective.

**I people please when:**

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**This part of me believes:**

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**This part is trying to protect me from:**

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**What this part actually needs is:**

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You are not trying to get rid of this part. You are learning to lead it—rather than be led by it. Awareness is powerful, but transformation happens in the moment you choose differently.

**In the Moment:** When you feel yourself about to say yes, pause and say, “Let me get back to you.”

**Body check:** “What am I feeling right now?”

**Choice question:** “Am I choosing this... or avoiding something?”

This section turns awareness into action, helping you make mindful choices in the moment.

# Section IV — The Shift

## What would choosing myself look like in one situation?

Bring this into something real. Not a perfect version of you—just a more honest one.

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## What is one boundary I could practice this week?

Keep it small. Keep it doable. This is where trust begins.

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Reclaiming your power isn't about becoming someone new. It's about returning to who you were before you learned to abandon yourself.

# Section V — Reclaiming Power

## I choose to...

Move toward something that feels true.

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## I am allowed to...

Give yourself permission—fully.

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## I no longer need to...

Hold onto what no longer serves me.

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## Integration — Returning to Yourself

Awareness is where everything begins. What you do next is what creates change. Take a moment to anchor what you've discovered:

**One pattern I'm now aware of:**

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**One boundary I will practice:**

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**One sentence I will use:**

**I choose to...** \_\_\_\_\_

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You don't have to change everything at once. You only have to begin.

