

5 SIGNS YOU MIGHT BE *a people-pleaser*

A simple guide to spotting the signs of people-pleasing and beginning your journey back to yourself.



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1. You Struggle to Say No

Even When your plate is full or your energy is gone, you find yourself saying “yes.” You fear disappointing others, so you sacrifice your time, sleep, and well-being



Quick Reflection

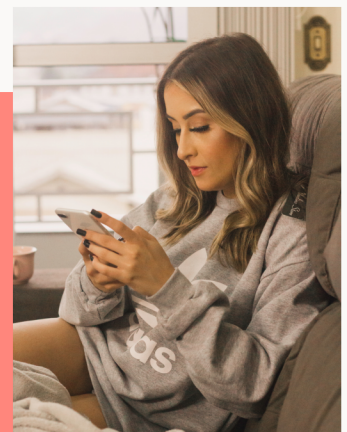
When was the last time you said yes and immediately regretted it?

2. You Constantly Apologize

You say “sorry” even when you haven’t done anything wrong. You apologize for taking up space, asking questions, or expressing emotions.

Try This:

Replace “Sorry I’m late” with
“Thanks for waiting.”





3. You Avoid Conflict at All Costs

You keep the peace, even if it means suppressing your own opinions or pretending everything is okay. You fear being seen as “difficult.”

Ask yourself:

Is silence really keeping me safe, or just keeping me stuck?

4. You Feel Responsible for Other People's Feelings

If someone is upset, you instantly wonder what you did wrong or how to fix it. You carry the weight of everyone else's emotional experience.

Reminder:

You are responsible for your *intentions*, not other people's *reactions*.

5. You Put Yourself Last

Your needs are always on the back burner. You believe being a “good person” means being selfless—often to the point of burnout.



Consider:

What would it look like to care for others
without abandoning yourself?

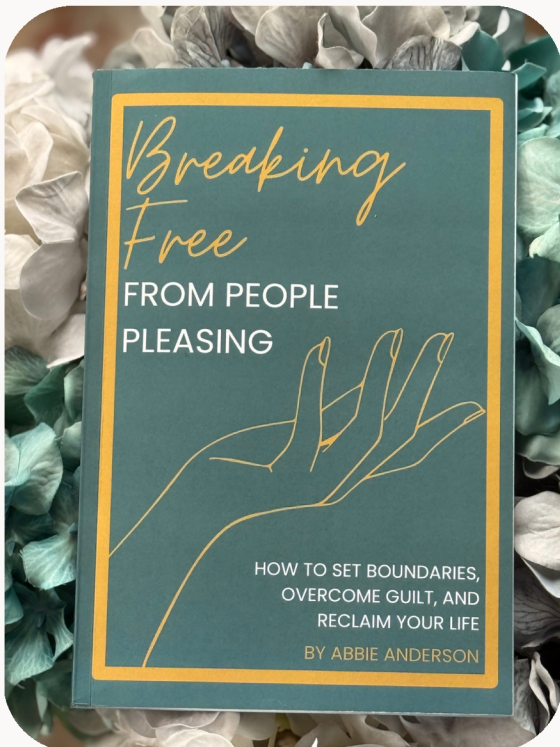
You're Not Alone

These patterns likely developed to protect you. But now?
They're keeping you stuck.

Healing is possible—and I wrote *Breaking Free from People Pleasing* to guide you through it.

Grab your copy now:

<https://www.amazon.com/dp/B0DZHJW9M>



Ready to let go of people
pleasing?

My book will help you take back
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