

People-Pleasing & Saying No

Notice the pattern, honor your needs, and practice more honest boundaries.

People-pleasing can look like saying yes when you mean no, over-explaining, avoiding conflict, or tying your worth to being helpful. This worksheet can help you understand the pattern and begin responding differently.

Notice the pattern

When do I most often say yes when I really want to say no?

What am I usually afraid will happen if I disappoint someone?

What does this cost me?

How does people-pleasing affect my stress, time, and relationships?

What do I want instead?

What would healthier honesty look like in this area?

Practice the script

Write one simple, respectful no:

Write one version with a boundary and no over-explaining:

Remember

- Saying no does not make me selfish.
- Discomfort is not the same thing as danger.
- I can be kind and still have limits.
- People may not like my boundary, and it can still be healthy.

This worksheet is for educational and supportive purposes and is not a substitute for emergency or crisis care.