



PEOPLE-PLEASING CHECKLIST

How much does this chapter apply to you? Answer the questions yes/no and then tally your number of yeses.

DO YOU FEEL...	YES/NO
1. Like you never have privacy?	
2. Like you're never listened to?	
3. Like you're overly sensitive?	
4. Like you don't have control?	
5. Like you put your needs last?	
6. Unfairly criticized?	
7. Resentful?	
8. Fear of being replaced?	
9. Lonely?	
10. Insecure?	
11. Taken for granted?	
12. Bored when alone?	
13. Over-committed?	
14. Under appreciated?	
15. Anxious?	





PEOPLE PLEASING CHECKLIST

IF YOU SCORED BETWEEN 1-5

"At Risk." Nurture your sense of self-worth. Attend to the exercises in this chapter.

IF YOU SCORED BETWEEN 6 AND 10

"Danger Zone." You may already be in the process of losing your sense of self as you subserve your needs to others. Prioritize the exercises in this chapter as you proceed down the Path to Sustainable Life Satisfaction.

IF YOU SCORED BETWEEN 11 AND 15

"Enmeshed." You probably have already developed a habit of suppressing your needs while elevating the needs of others. This process may be occurring so quickly, it feels almost unconscious. It will take patience to change these habits as well as an ability to tolerate the fear that comes with separating your identity into an autonomous self. You can do this, but it will take time and small steps. Praise yourself for progress and try not to be put off by how exhausting and challenging the task may be at times. The closer you get to independence, the more you will realize that your effort is going to pay off in more ways than you ever imagined.

