



PEOPLE-PLEASING INVENTORY

Mark which ones you're doing now. Ask yourself:

	YES/NO
Am I offering unsolicited advice?	
Am I changing my plans to accommodate other people?	
Am I resentful because people don't treat me the way I treat them?	
Do I feel like I always come last or suffer "invisibility syndrome"?	
Do I make time for myself?	
Do I mindfully explain to people when I have a conflict?	
Can I stay quiet when people vent and not offer advice?	
Can I avoid looking for reassurance through social media engagement?	
Can I prevent myself from doing things for other people without being asked?	
Can I engage in leisure activities alone?	

