

Quiz: Are You a People Pleaser?

Heidi Elias, LCSW, SEP

An Invitation to Reflect

People-pleasing often begins in childhood as a way to stay safe, keep the peace, or earn love. Over time, though, it can leave you feeling drained, resentful, or unsure of who you really are. This brief quiz offers insight into how people-pleasing may be showing up in your life today.

Instructions:

For each statement, rate yourself on a scale from **1 to 5**:

- 1 = Never true for me
- 2 = Rarely true
- 3 = Sometimes true
- 4 = Often true
- 5 = Always true

Questions:

1. I find it hard to say “no,” even when I want to.
2. I often worry about what others will think of me.
3. I feel guilty or anxious if I let someone down.
4. I put others’ needs ahead of my own, even when it hurts me.
5. I replay conversations, worrying if I upset someone.
6. I go along with decisions to avoid conflict, even if I disagree.
7. I feel responsible for how others feel.
8. I struggle to ask directly for what I need.
9. I fear being rejected if I assert myself.
10. I feel more comfortable giving than receiving.

Scoring:

Strong Sense of Self (10–20 points)

You have a healthy balance between caring for others and honoring your own needs. While people-pleasing is not a dominant pattern for you, it still creeps in with certain relationships or when under stress.

What this means:

You have already built a foundation of self-respect. With some refinement, you can deepen your ability to set clear boundaries and strengthen your confidence in speaking your truth.

Next Step:

Psychotherapy can help you sharpen these skills so that even in tough situations, you are able to stay grounded.

Growing Awareness (21–35 points)

You notice that people-pleasing shows up in your life, but you are also becoming aware of how it impacts you. You may sometimes struggle with guilt, self-doubt, or fear of upsetting others when you try to assert yourself. You back down and feel resentful.

What this means:

You are on the threshold of change. This awareness is powerful — it means you are ready to learn new ways of relating that is respectful to others, while being respectful towards yourself.

Next Step:

In therapy, we will work together to build your confidence, practice healthy boundaries, and free you from the cycle of over-sharing and over-giving.

Frequent People-Pleasing (36–50 points)

People-pleasing is likely a strong pattern in your life. You often feel drained, invisible, or uncertain about your own needs and desires. Saying “no” might feel nearly impossible without guilt or fear.

What this means:

These patterns developed as survival strategies — ways to stay safe, keep peace, or feel loved. None of this is your fault. But now, they may be holding you back from feeling fully alive and connected to yourself.

Next Step:

Psychotherapy with me offers a safe, supportive space to practice new responses and connect with your authentic self. Together, we will help you find your voice and learn to honor it.

Where To Go From Here:

Simply noticing your patterns is already a powerful beginning. The good news is that change is possible. With support and guidance, you can learn to set boundaries with more ease, trust your own voice, and feel more comfortable in your own skin. In therapy, I offer a welcoming and respectful space to practice new behaviors until they become second nature.

When you feel ready, I warmly invite you to schedule a quick telephone chat—a first step toward breaking free of **people-pleasing**, and the beginning of feeling truly at home within yourself.

To learn more about overcoming people-pleasing click [here](#).