

People-Pleaser Based Worries

Fear of conflict, rejection and disappointing others

1. Reality Check: Where is this worry coming from—emotion, logic or wise mind?
A worry related to pleasing others in response to oppression or a dangerous or life-threatening situation is a survival strategy, not a worry problem. What data supports your worry?
2. Is this people pleaser worry stemming from childhood trauma, distorted beliefs
3. How old are you when you have this worry—what inner-age is your worry stemming from?
4. What memories do you have about this worry—when was the first time you remember being worried about pleasing someone-- do you have a pattern?
5. At what age—what birthday—do you believe you will be old enough to no longer worry what those people think? At what age do adults focus on living by their own standards, values and beliefs?
6. If the worry is not related to survival or danger, make a list of your people pleasing worries. Once you have completed your list, ask yourself “then what will happen?”
7. Would your people pleasing worries be resolved with healthier self-esteem?
8. Would your people pleasing worries benefit from understanding yourself?
9. Apply these tool to reduce your worry:
 - Is this worry in or out of your control? Work through worries using the map
 - Transform the worry into wisdom.
 - Reframe the thoughts that keep you awake at night using the Ladder Tool
 - Stress Prevention Tests
 - Understanding the difference between worry, anxiety and fear may be useful
 - Stop “Shoulding” on Yourself Tool
 - Still stuck with obsessive thoughts? Try the Sticky Brain 20/20/20 tool
- 10 . Apply these questions to your “people pleasing” concerns.
 - What are you afraid will happen? Is this relationship dangerous?
 - Are your thoughts aligned with healthy relationship thinking?
 - Does your people pleasing involve reasonable expectations?
 - Does people pleasing involve healthy trust?
 - Is people pleasing using healthy boundaries or checkers cheating?
 - Is people pleasing connected to passivity or aggression?
 - How does people pleasing impact the rules for healthy dating?

- Would people pleasing resolve with understanding how to detach with love, and let go?
- Does people pleasing stem from an inability to cope with anger?
- Would people pleasing be reduced if you practiced transforming worry to wisdom?