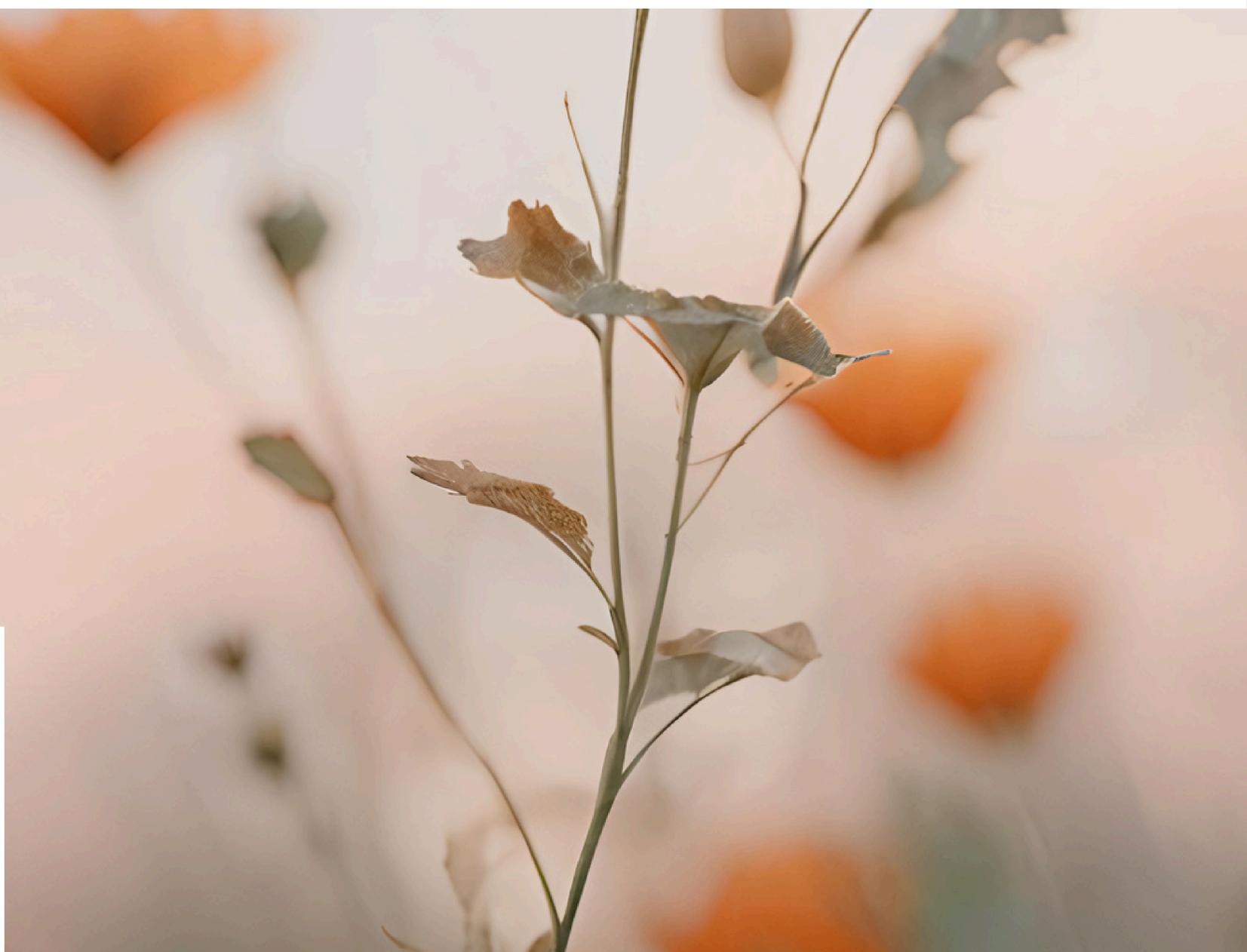
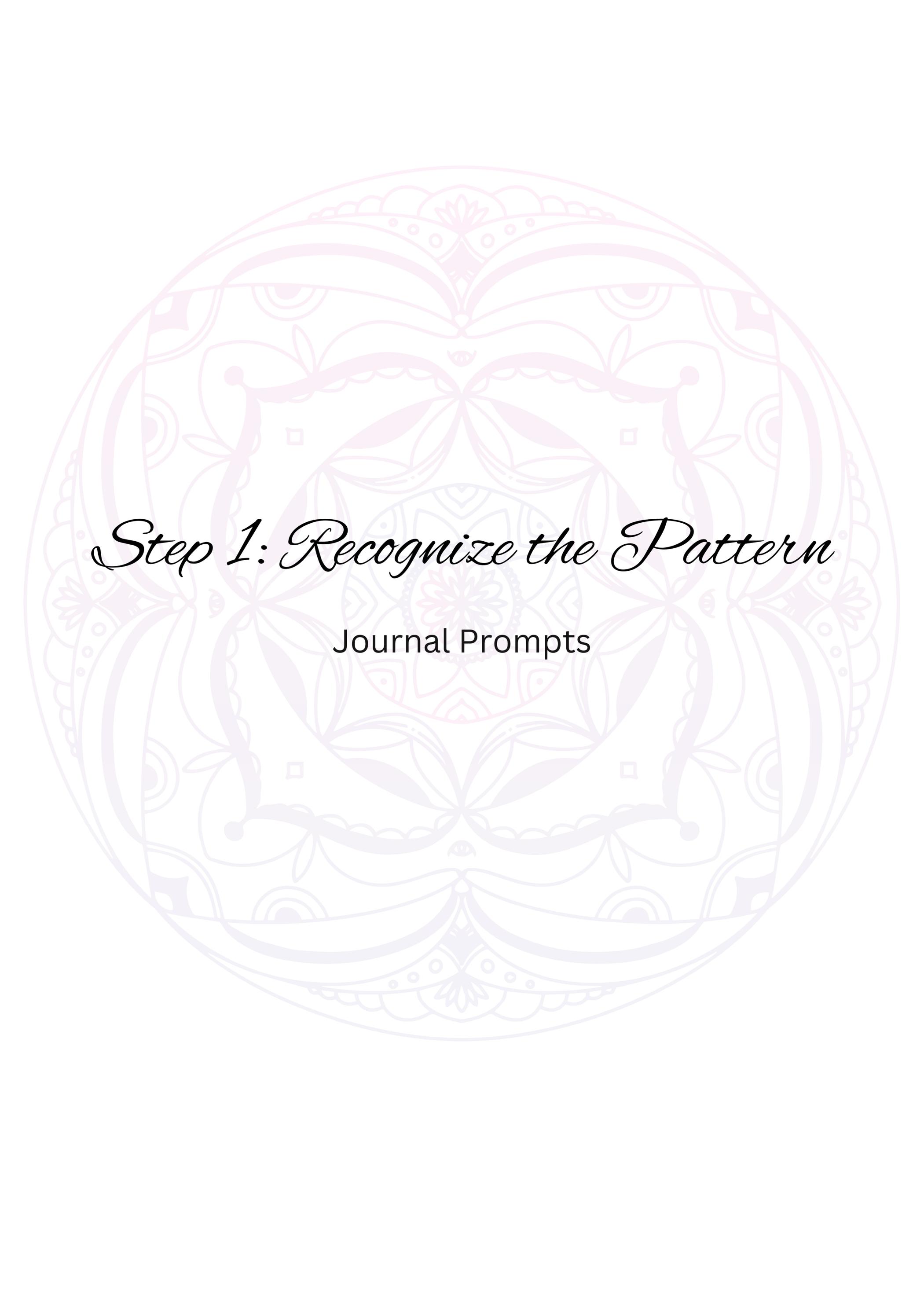




People-Pleasing Detox Worksheet

Releasing the need to please so you can begin to heal





Step 1: Recognize the Pattern

Journal Prompts



Step 2: Tune Into the Cost

Reflection Questions

Step 3: Learn to Pause Before Saying Yes

Try This: The Sacred Pause Practice

When someone asks for something, practice saying:

- “Let me think about that and get back to you.”
- “I’ll check my schedule and let you know.”
- “I need a moment to feel into that.”

Affirmation:

“I am allowed to pause before committing. My time and energy matter.”

Step 4: Set Micro-Boundaries

Choose one small boundary to set this week:

- I will say “no” without explanation.
- I will rest even if someone else is disappointed.
- I will speak up when something feels off.
- I will stop apologizing for things that aren’t my fault.
- I will cancel a plan that no longer feels aligned.

✍️ Write your own: _____

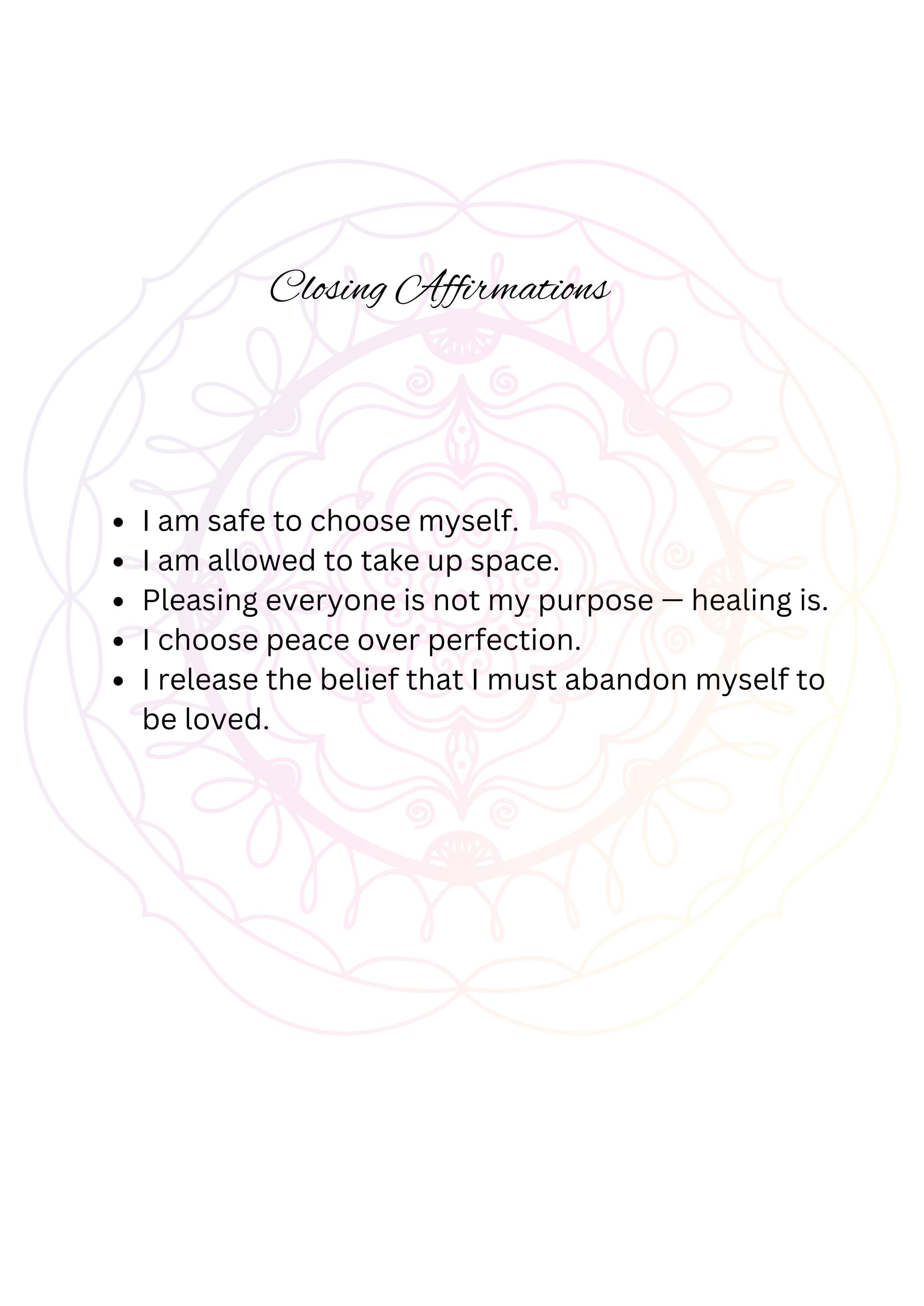
*Step 5: Reparent the Inner Child Who Needed to
Please to Feel Safe*

Visualization Prompt:

Close your eyes. Imagine a younger version of yourself trying so hard to be perfect, helpful, and kind. What would you say to them now?

Write your message:

Example: "Dear little me, you don't have to earn love. You are enough just as you are..."



Closing Affirmations

- I am safe to choose myself.
- I am allowed to take up space.
- Pleasing everyone is not my purpose — healing is.
- I choose peace over perfection.
- I release the belief that I must abandon myself to be loved.