

Over committer & struggle to say “no” questionnaire

Read each statement and decide *to what extent is this you?*

Score **5** if the statement describes you down to **1** if it does not describe you and everything in between. (eg, 5 = 100% me!)

1. Do you often say "yes" when you want to say "no"?

Circle your response [1, 2, 3, 4, 5]

2. Do you fear disappointing others if you decline their requests?

Circle your response [1, 2, 3, 4, 5]

3. Do you feel guilty when setting boundaries and then saying no because of them?

Circle your response [1, 2, 3, 4, 5]

4. Do you prioritize others' needs over your own?

Circle your response [1, 2, 3, 4, 5]

5. Do you avoid situations that might create conflict, even at your expense?

Circle your response [1, 2, 3, 4, 5]

6. Are you afraid that people will think less of you if you refuse?

Circle your response [1, 2, 3, 4, 5]

7. Do you often feel overwhelmed by commitments?

Circle your response [1, 2, 3, 4, 5]

8. Do you apologise frequently, even when unnecessary?

Circle your response [1, 2, 3, 4, 5]

9. Are you uncomfortable receiving help or support?

Circle your response [1, 2, 3, 4, 5]

10. Do you feel responsible for others' happiness?

Circle your response [1, 2, 3, 4, 5]

11. Do you believe others' opinions of you are more important than your own?

Circle your response [1, 2, 3, 4, 5]

12. Do you find it hard to speak up for yourself?

Circle your response [1, 2, 3, 4, 5]

13. Do you take on more tasks than you can handle to gain approval and prove your worth?

Circle your response [1, 2, 3, 4, 5]

14. Do you worry that saying "no" will harm your relationships?

Circle your response [1, 2, 3, 4, 5]

15. Do you feel anxious when people ask you for favours?

Circle your response [1, 2, 3, 4, 5]

My total score is: _ _ / 75

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RESULTS: The dog breed people pleaser scale

15 to 30 points: Border Collie/ German Shepherd

Assertive time manager, decisive & disciplined with boundaries

You have little problem saying "no" and are comfortable asserting your boundaries. You likely manage your time assertively and energy effectively without getting overwhelmed. You balance personal and professional demands while maintaining positive relationships. While others may ask for your help, you feel confident prioritising your own needs without guilt or conflict.

RARELY A PEOPLE PLEASER

31 to 45 points: Siberian Husky/ Golden Retriever

Confident, friendly and social. Can normally balance being helpful with prioritising own time and self-care.

You sometimes experience internal conflict when balancing your goals with helping others. There are moments when you hesitate to set boundaries, fearing you might disappoint someone. While you manage to say "no" on occasion, you may still feel guilt or discomfort when declining requests.

OCCASIONAL PEOPLE PLEASER

46 to 60 points: Labrador Retriever/ Cocker Spaniel

Friendly but can easily overcommit their time as they are eager to please

You are often driven by a desire to please others, making it difficult to say "no" due to the fear of others being upset or feeling rejected by you. This can lead to overcommitment, stress, and a sense of being overwhelmed as you frequently put others' needs before your own. You may feel guilty when setting boundaries and experience anxiety about how your refusals will be received. Sometimes you worry if you don't do something that you will miss out.

REGULAR PEOPLE PLEASER

61 to 75 points: Bichon Frise/ Cavalier King Charles Spaniel

Really friendly, sociable and loves cuddles. Lacks boundaries and gives their time to everyone and is the ultimate people-pleaser

You strongly identify as a people-pleaser and find it very hard to say "no" without feeling anxious or guilty. The need for approval may guide many of your decisions, causing you to overextend yourself and neglect your own well-being. This can lead to chronic stress, burnout, and strained relationships, making it essential to work on developing stronger boundaries and self-care practices. You fear if you don't commit to something that you will miss out on a great opportunity.

ULTIMATE PEOPLE PLEASER