

RECOGNIZING PEOPLE PLEASERS!

Last night I said these words to my girl. I know you never even try, girl. Come on, come on, come on, come on. Please, please me, wo yeah, like I please you....The Beatles

WHAT TO KNOW!

- ❖ People pleasers put of the needs of others before their own
- ❖ They often have difficulty saying no and not feeling guilty
- ❖ They almost never ask for help for themselves but will easily help others
- ❖ They worry about what others think, want, and might say to them
- ❖ They hold back from saying anything that might offend the other person
- ❖ They often try to make inconsiderate people feel better by doing for them
- ❖ People pleasers often take the words and actions of others personally
- ❖ They rarely consider their own needs and wants
- ❖ They often feel anxious, worried, unhappy, and tired a lot
- ❖ Any criticism decreases their self esteem
- ❖ They overly blame themselves for mistakes and when things go wrong
- ❖ People pleasers may have a great fear of abandonment
- ❖ They are often superresponsible and believe they can do almost anything
- ❖ They cannot discriminate between self-sacrifice and caring for others
- ❖ They often find partners who are cold and take advantage of them
- ❖ They fear anger and displeasing their partner
- ❖ They have low self esteem and believe that helping others will increase it
- ❖ Often, they get rewarded by others for what they do which only reinforces their doing more for others
- ❖ People pleasers can also build up resentment which may explode into an angry outburst often followed by guilt
- ❖ People pleasing differs from codependence in that codependents take care of people in a controlling way and believe their help is needed
- ❖ People pleasers may have also been exposed to some form of child abuse
- ❖ They often grew up in homes where their feelings were denied or not valued
- ❖ They may have been trained to take care of their parents and family members
- ❖ In these homes, love may have been conditional upon compliance

WHAT TO DO!

- ❖ Stop saying yes and practice saying no so that it feels comfortable
- ❖ Pause and think before you say yes to a request
- ❖ Value yourself by considering your own needs
- ❖ Give yourself permission to fulfill your needs
- ❖ Practice asking others for help
- ❖ Understand your motivations and where your people pleasing comes from
- ❖ Set healthy boundaries and learn to be assertive
- ❖ If people pleasing interferes with your functioning, seek professional counseling

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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