



# AM I PEOPLE-PLEASER?



This self-awareness quiz to discover if you have mild, moderate or severe people-pleasing tendencies.

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# HOW SEVERE OR MILD ARE YOUR PEOPLE-PLEASING TENDENCIES?

## **Our Mini Personal Assessment:**

*How severe are your people-pleasing tendencies?*

The 15 statements below can roughly indicate if you have serious, moderate or mild people-pleasing tendencies. The strategy to answering this mini assessment is simple : choose 'true' or 'false' based on your first instinct towards each question. You will gain one point for every statement which you select as 'True'. We will add up our total score at the end of this assessment.

**Tip:** If your first reaction is to cringe when you read a sentence, there is a high chance that your answer should be 'False'.



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# PEOPLE PLEASING TEST

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TRUE

FALSE

- |                       |                       |   |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | • I believe that good people always put other people's needs above their own.   |
| <input type="radio"/> | <input type="radio"/> | • People who 'suffer' or always sacrifice their own needs for other people will always be rewarded.                                       |
| <input type="radio"/> | <input type="radio"/> | • I apologise to other people even when it's not my fault because I don't want to anger or upset them.                                    |
| <input type="radio"/> | <input type="radio"/> | • I want to be liked by everyone!   |
| <input type="radio"/> | <input type="radio"/> | • It is difficult for me to express criticism and unhappiness about something because I want to avoid conflict.                           |
| <input type="radio"/> | <input type="radio"/> | • I feel guilty whenever I say 'No' to someone's request even when it's an unreasonable or an unnecessary request.                        |
| <input type="radio"/> | <input type="radio"/> | • I am secretly resentful of people taking advantage of my nice nature and asking me to do things I don't want to do.                     |
| <input type="radio"/> | <input type="radio"/> | • I am scared of conflict and I avoid it as much as I can.  |
| <input type="radio"/> | <input type="radio"/> | • I always make other people happy first before making myself happy.  |
| <input type="radio"/> | <input type="radio"/> | • I find it difficult to say 'no' to unreasonable requests which I don't wish to fulfil. I say 'yes' and oblige to those requests anyway. |
| <input type="radio"/> | <input type="radio"/> | • I become excessively worried when someone is upset with me or if someone thinks of me as a 'bad' person.                                |
| <input type="radio"/> | <input type="radio"/> | • If I put my own needs before other people's (non-urgent) wants, I am being selfish.   |
| <input type="radio"/> | <input type="radio"/> | • I oblige to other people's (non-urgent) requests even when I am exhausted, because I don't want to disappoint or upset them.            |
| <input type="radio"/> | <input type="radio"/> | • I must fulfil requests and never let other people down even if those requests are unrealistic.  |
| <input type="radio"/> | <input type="radio"/> | • I believe 'nice' people will be rewarded and hence, I sacrifice my own happiness for other people's happiness.                          |

## HOW DID YOU SCORE?

If your score is...

*BETWEEN 11 TO 15*

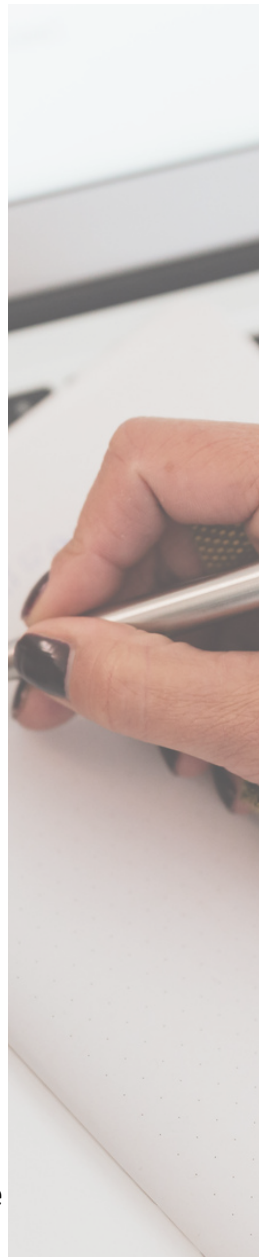
if you have scored serious people-pleasing tendencies you need to act fast in order to gain control over your life. You probably have complicated relationships and your emotional and mental health need your attention.

*BETWEEN 6 TO 10*

if you have scored moderate people-pleasing tendencies. It is advisable to take action now to prevent it from getting worse.

*BETWEEN 0 TO 5*

if you have scored displaying mild people-pleasing tendencies. You are likely to have clear boundaries and are comfortable voicing out your opinions if someone oversteps your boundaries. Even so, it is beneficial for you to be aware of strategies to prevent people-pleasing so that you maintain the healthy balance you currently have.



*REFLECTION*