

## People Pleasing Quiz

- T F 1. It's extremely important to me to be liked by nearly everyone in my life.
- T F 2. I believe that nothing good can come from conflict.
- T F 3. My needs should always take a backseat to the needs of the people I love.
- T F 4. I expect myself to rise above conflict and confrontation.
- T F 5. I often do too much for other people or even let myself be used so that I won't be rejected for other reasons.
- T F 6. I have always needed approval of other people.
- T F 7. It's much easier for me to acknowledge negative feelings about myself than to express negative feelings toward others.
- T F 8. I believe that if I make other people need me because of all the things I do for them, I won't be left alone.
- T F 9. I'm hooked on doing things for others and pleasing them.
- T F 10. I go to great lengths to avoid conflict or confrontation with my family, friends, or coworkers.
- T F 11. I'm likely to do all the things I can to make others happy before I do anything for myself.
- T F 12. I almost never stand up to others in order to protect myself because I am too afraid of getting an angry response or provoking a confrontation.
- T F 13. If I stopped putting others' needs ahead of my own, I would become a selfish person and people would no longer like me.
- T F 14. Having to face a confrontation or conflict with anybody makes me feel so anxious that I almost get physically sick.
- T F 15. It is very difficult for me to express criticism even if it is constructive because I don't want to make anyone angry with me.
- T F 16. I must always please others even at the expense of my own feelings.
- T F 17. I have to give of myself all the time in order to be worthy of love.
- T F 18. I believe that nice people get the approval, affection, and friendship of others.
- T F 19. I must never let other people down by failing to do everything they expect of me even when I know that the demands are excessive or unreasonable.
- T F 20. Sometimes I feel like I'm trying to "buy" the love and friendship of others by doing so many nice things to please them.
- T F 21. It make me very anxious and uncomfortable to say or do anything that might make another person angry with me.
- T F 22. I rarely delegate tasks to others.
- T F 23. I feel guilty when I say "no" to requests or needs of others.
- T F 24. I would think that I'm a bad person if I didn't give of myself all the time to those around me.

Braiker, Ph.D., Harriet B. The Disease to Please. New York: McGraw-Hill. 2001.