awareness log 1

Understanding People-Pleasing

Activity – People-Pleasing Awareness Log

📝 Objective:

Track and reflect on moments when you catch yourself people-pleasing.

Instructions:

For one week, use this log to track instances when you say "yes" even though you feel hesitant or uncomfortable.

1. **Daily Tracking (5-10 minutes):**
   - Write down each moment you said yes but felt unsure.
   - Note the situation and the person involved.
   - Record any physical sensations (tight chest, exhaustion, stomach knots, etc.).
2. **End-of-Week Reflection:**
   - Review your log and answer the following:
     - How often did people-pleasing occur?
     - What patterns or triggers did you notice?
     - How did these situations affect your energy and emotions?

Reflection Questions:

- **What emotions came up most frequently during people-pleasing moments?**
- **Did you feel any resentment or regret afterward?**
- **If you could revisit one of these situations, how would you respond differently?**

Example Log Entry:

Situation: Agreed to help with a last-minute project at work.
Physical Response: Felt a tight chest and heavy shoulders.
Emotion: Overwhelmed but smiled and said yes.
Reflection: I wanted to say no but feared disappointing my boss.

🎯 Goal:

By the end of this activity, you'll build self-awareness around automatic responses and start recognizing the physical and emotional cues that signal people-pleasing.

awareness log 2

People-Pleasing Awareness Log

Physical Sensations	Feelings	Thoughts	Why did you say Yes	Reflect

How to Use the Table:

- **Date:** Log the date of the event.
- **Situation:** Briefly describe the context (work, social, family) or **What Did You Say Yes To?** Write down the specific request or task.
- **Physical Sensations:** Pay attention to bodily reactions (e.g., clenched jaw, racing heart).
- **Emotions:** Identify the emotions that accompanied the moment.
- **Why Did You Say Yes?** Reflect on whether it was driven by guilt, fear, or obligation.
- **Reflection:** Consider how you might respond differently next time.