

- I feel guilty when I say no to . .
- Does criticism crush you?
- If someone is mad at you does it ruin your day?
- I am afraid that others will not like me when . .
- Do you do things you don't want to do because you are afraid someone might not like you if you don't?
- Are you afraid people will think you are incompetent?
- During conflicts, do you cry and apologize when you are not at fault?
- Is being "nice" more important to you than doing what you know is right?
- Do you have trouble standing up for yourself?
- Do you quietly seethe rather than face an issue?
- Do you go to great lengths to win someone over who is upset with you—not because it is the right thing to do, but because you are afraid he or she will be mad at you?
- Is it difficult for you to assert yourself?
- Are you a people-pleaser?
- Do you allow others to disrespect you?
- Do you allow others to take advantage of you?

- Are you afraid to discipline your children for fear they might get mad at you?
- Are you so busy pleasing everyone else you have no energy left for yourself?
- Do you go along with things to get along when it is contrary to your value system?