

# UNKIND

The People Pleaser's Guide to Standing Up for Yourself



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## Unkind: The People Pleaser's Guide to Standing Up for Yourself

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## Introduction



A friend calls in the middle of the night. They're stranded on the other side of town. They not only need you to come to get them, but they also require you to go right now, out into the pouring rain, at 3:00 am.

### **What do you do?**

If you're a people pleaser, you have your coat on before you even hang up the phone. After all, it's the nice thing to do.

The problem comes when it's not in your best interests to help out.

What if it's raining and you've been down with the flu? What if you don't have enough gas in the car to do the favor and still get to work tomorrow?

What about the fact that you know full well that their sister lives three blocks from where they happen to be stranded and they only called you because they know you're a pushover?

Ask yourself, is it ever wrong to take care of yourself first?

**Let's face it – sometimes you simply can't afford to be 'nice.'**

From the time that we're small, we're told to share, and 'be nice.' We hear it so frequently that we become hard-wired to think of the needs of other people before we think of our own.

While it's admirable to have an unselfish attitude, there's a big difference between being 'nice' and people taking advantage of you. When we find that we're going out of the way for others **to our detriment**, it becomes clear that something needs to change.

How can you tell the difference?

When you find that you're angry, resentful, or hate yourself for accepting a task then you know being nice has gone too far.

These unsettling feelings should be your first warning sign. They are telling you it's time to take a step back and ask yourself honestly if doing this favor and taking this action, is what you genuinely want to do? Does this favor come with a personal cost that you do not wish to pay?

In this book, you're going to find out what it means to be a people pleaser – and then you're going to learn the fine art of changing that conditioning.

You'll learn that it's okay to put your needs first. You will learn that it is paramount that you take care of your physical, mental and emotional health first.

It's time to make a change. Ready? Let's go!

# Problematic People Pleasing



“Wow, you’re so nice!”

While it feels great to receive acknowledgment for going out of your way, does there ever come a time when you're too nice?

At what point does that good, kind-hearted person that everyone knows and loves, become a doormat?

This question becomes very important very quickly, especially when your goal is to stop letting people walk all over you.

Understanding where you've crossed the line is not always easy. It might be you started out being nice, but somehow you got in over your head, and now you've been sucked into the world of people pleasing.

The trick is knowing where the boundaries lie, and once you do, setting them firmly so you protect yourself.

## 3 Questions to Help You Figure Out if You Are a People Pleaser

### 1. Why are you being nice?

If you're doing something nice because you want to, that's good. But the minute you find yourself answering with things like, “I really should...” or “Well, it's expected of me” then you're in dangerous territory.

When you examine your motives, you want to pay careful attention to your emotions. If you're feeling put out, disgruntled, angry, or resentful then you're probably people

pleasing.

## **2. Who are you being nice to?**

Are you doing something for someone who is pushy or who makes you feel guilty if you try to say no? Regardless of who the person is, even if it's a friend or family member, consider how often they make you feel responsible for their life. If you feel like they are making you do something you don't want to do, rethink it.

## **3. What is the outcome that you're hoping for?**

If you're doing something to be nice, then you're not looking for a result – positive or negative. As a people pleaser you are hoping to impress, and maybe even gain favor for your actions.

Think about the intern at work who will do anything from picking up the boss's dry cleaning to taking care of the most grueling, thankless task. Chances are they're looking for either an excellent reference or a permanent position once that internship is over.

So, is it wrong to be a people pleaser?

Not if you're choosing to be one deliberately. In the above example of the intern, it might be that it's well worth throwing yourself out there IF you get the desired outcome.

But it can very quickly become a problem!

Sadly, it's all too easy for someone to take advantage of a people-pleaser. And it's a dangerous game to play. If you're that intern, and you get the permanent position, the people you work with are going to have this expectation that they can still walk all over you.

Breaking them (and you) of this habit is going to take some hard work and might make things more difficult for you in the long run.

## Why Am I A People Pleaser?

If you feel like you might be a people pleaser, then it would be nice to figure out why. You won't be able to make lasting change if you don't even know why you are a people pleaser in the first place.

To figure out the “why”, ask yourself the following questions...



### 1. How did you become a people pleaser?

You're probably going to want to look all the way back at your childhood for the answer. Frequently the people pleaser was rewarded from early childhood for 'nice' behavior. This constant state of reward for obeying requests instills a learned response that we carry with us into adulthood. In short, we're still people-pleasing because we have that 'good boy/good girl' desire we need to fulfill. But are those rewards still in place, or are we only wired to *think* they are?

### 2. What happens if you don't live up to other people's expectations?

In continuing with the previous question, we see the other side of that same coin. When children don't comply they quickly hear they're 'bad' or punished for their action (or inaction as the case may be). Deep down you could still be worried about being 'bad' today. The framework might be different, but the fear is the same.

### 3. So what do you get out of people pleasing?

This question is the crux of the matter. Do you satisfy yourself or something else entirely? Are there positive benefits to people pleasing? Are those benefits healthy or can they be met in other ways?

**4. What emotions do you feel when you please someone else?**

List them. What part of the actions are triggering those emotions? Ask yourself if that's healthy.

**5. Are you mistaking people pleasing for doing good?**

Volunteering to help a charity you believe in is a great thing. But getting steamrolled into chairing a committee for a charitable organization is another altogether.

**6. Are you taking care of yourself?**

Before you ask what this has to do with people pleasing, remember that people pleasers tend to put the needs of others before their own. How many times have you lost sleep for the sake of someone else? Or overworked yourself?

**7. Do you understand your priorities?**

How do they relate to other people's? People pleasers tend to look at other people's preferences as more important than their own. When do you get things done for you? Before or after the tasks are given to you by others?

**8. Can you live with negativity?**

People pleasers would rather not hear anyone complain or see someone upset. That's why they're so easily manipulated by people who don't mind using their emotions to get what they want. Analyze how you react when other people are being negative.

**9. Who do you want to please?**

That is another one of those soul-searching questions. Be honest with yourself. If the answer is someone other than yourself, ask yourself "why?"

**10. What is your first reaction when you're told to take care of yourself first?**

If you flinch or shy away from the idea, then you've got some work to do. But don't despair. There's some good advice coming that should help you think about people pleasing and yourself in a whole new light.

It's a lot to think about and might take some time to work through. If you're disturbed, then

it's time to rewire your responses. That's going to take some serious soul-searching, and it might even require help in the form of a trained therapist.

**NOTE:** If you need help, don't be ashamed to ask for it. We all need help sometimes.

## What Are Some Simple Steps I Can Take Now?

Before we get into our full action plan, here are some simple steps you can take to stop people pleasing right away.

### 1. Decide who has your respect

While you're going to show respect toward people in authority over you, it should only go so far. For example, while you will want to show respect to the police officer that just stopped you for speeding, you're not going over to his house this weekend to help him clean his garage. Respecting someone does not mean allowing them to take advantage of you.

Keep in mind, if someone is walking all over you, they're not showing you respect, nor are they worthy of yours.

### 2. Walk away from abuse

If someone mistreats you, walk away. It's that simple. Why? Because you need to *respect* yourself enough to understand that you shouldn't have to put up with poor treatment. On the other hand, a people pleaser will likely try harder to please the abusive person. Why? Because they hope that if they do enough, it will not only stop the abuse but will somehow earn them love or respect.

### 3. Know when to speak, and more importantly, how

When you're trying to be a nice person, you listen to what others have to say. Again, this goes back to respecting others and wanting to be recognized in return. But you also will want to be heard when it counts – which means when you do speak up, be polite but firm. Again, don't let anyone walk all over you. That includes being talked over or ignored.

A people pleaser gets lost in the conversation and is frequently overlooked entirely. That's because it's impossible to speak up when you're trying to please others, mostly because

you're so busy trying to keep everyone else happy that the last thing you want to do is cause the person you're trying to impress to be offended.

Honestly, most people who take advantage of the people pleaser, really aren't interested in what they have to say anyways

#### **4. Set boundaries**

Draw the line at where 'nice' ends and use your instincts to know where that line is.

#### **5. Find someone to keep you honest**

When you're not sure if you're falling into the people-pleasing trap again, have a trusted friend keep you honest. Frequently it's the people nearest to us who see things most clearly. Ask them for their input on the situation – and then listen to what they have to say.

#### **6. Just Stop**

In a TV comedy sketch, comedian Bob Newhart plays a therapist. A woman comes in and starts detailing things she does but doesn't wish to. As the scene plays out, Bob gets more and more irate. "Why would you do that? Just STOP IT!" he shouts as the only solution to every problem.

As funny as the routine is, there's a lot of truth there to consider. If you're hurting yourself to please somebody else, there comes a time when you need to put your foot down. Remember Bob. "Why would you do that? Just stop it!"

Is that sometimes easier said than done? You better believe it. That's why in the next chapter, you're going to discover the keys to actively changing your life. It's time to learn how to 'just stop it!'



# The Stop People Pleasing Action Plan



Your days of being a people pleaser are over. From here on out you're going to learn a new way to think about being nice – without being ground into the dirt for doing so.

The process has four pretty simple steps.

- Stand up
- Say “No”
- Be Yourself
- Put Yourself First

## Standing Up

The first step in learning how to put the brakes on people pleasing is to stand up for yourself. Let's face it, a lot of the reason why anyone is taken advantage of is that they let them. Silence becomes permission.

Standing up for yourself isn't always easy.

Most of us don't like to face confrontation, so we go along with the status quo. If that sounds like you, then this section is where you need to pay some serious attention as we explore a variety of things you can do to stand up for yourself.

### 1. Be real

It's impossible to stand up for yourself if no one is listening to what you have to say. The trick here is that you have to give others something worth listening to, and that starts

with your genuine self.

People respond best to someone who is open and honest about who they are.

## **2. Concentrate on baby steps**

It's normal to want to change overnight, but it doesn't work that way. Anytime you want to learn a new habit; it's best to take the changes in small pieces. Start with being assertive in little ways and work your way up as you get used to this new approach.

## **3. Stay calm**

When asserting yourself the first time or two you can expect some pushback. When that happens, the last thing you need is to get caught up in other people's drama.

Try to remain calm and refuse to respond without carefully thinking about your words. Even if you keep calm in the face of adversity, keep in mind that you never have to sit still for abuse. Quietly state your case, and if need be, walk away. Never allow anyone to mistreat you.

## **4. Remember to speak up**

You're not standing up for yourself if no one knows your intentions. Use language that makes your position clear without overstating the case. At the same time, you need to be clear in what you're saying. Leave no doubt what you mean.

## **5. Fine tune your argument**

Chances are you're going to have to clarify what you're trying to say at some point. Make sure you have salient points to back up your position. Avoid emotional arguments, because people will not take you seriously if you get too defensive.

## **6. Make assertiveness a habit**

It takes time to create a new pattern to follow. Like any other habit, you need to practice standing up for yourself daily. Look for opportunities to be assertive every single day until it's second nature to stand up for yourself.

**7. Protect your resources**

There are only so many hours in a day. Be assertive about how you spend your time. Don't allow anyone to take over your schedule.

**8. Agree to disagree**

There are going to be times when you reach an impasse. Maybe you had good reasons to stand up for yourself, but they also had a good reason for wasting your time. Sometimes the best solution is to agree to disagree, and then both parties step back for the sake of not creating a situation that's only going to devolve into an argument.

**9. Don't let anyone else tell you how you feel**

Right or wrong, you're feeling what you're feeling. If you think you're being taken advantage of, then it doesn't matter whether you are or not. It does matter that you let others know your concerns and how you feel about the situation. Standing up for yourself is about validation more than it's about being right (though it's nice to be right too sometimes).

**10. Act "as if."**

In therapy they tell you to act "as if," meaning that even if you're not feeling a certain way, to pretend as if you are. The concept of faking it until you make it has proven to have success in a variety of fields. Areas from finding happiness, to a multitude of other problems. The basic premise is that if you act a certain way (like being happy) that you will actually feel satisfied after a while. In this case, you might find that pretending to be assertive will lead to feelings of actual assertiveness.

By standing up for yourself, and what you believe in, you're telling those around you that your feelings and opinions matter. You're expressing that you have needs that are more important to you right now. You're also telling the world that you're a force to be reckoned with and people cannot take advantage of you.



## Saying “No”



The word ‘no’ can be terrifying. Being assertive is a lot easier in comparison, simply because it’s so much simpler to state how you feel about something than it is to turn down someone else’s request outright.

Why?

Most people have an innate desire to please those around them. Telling someone ‘no’ is risky, even dangerous in some ways. Not only are you going to let someone down, but it might change your relationship with that person somehow. You start wondering about what it would mean if you lost this person’s respect or support.

Here's where you need to ask yourself just how much the other person's opinion matters. After all, if they're going to hold a grudge or be angry that you said no, then maybe they didn't have your best interests at heart in the first place. After all, why would they be upset about you exercising your right to say 'no' to something?

That's not to say that someone important won't be disappointed if you give them a 'no,', but those relationships tend to weather these kinds of storms. Friends and family tend to be supportive of your decisions.

Remember, the people who are the most upset about a "no" are usually the ones that will take the most advantage of you.

### **1. Why are you saying 'no'?**

A clear understanding of why you're saying no means it is less likely you can be talked into changing your mind.

A strong resolve, well thought out and understood, will make your 'no' confident and strong enough to stand on its own.

### **2. Don't say 'no' immediately**

Tell the other person you need time to think. It creates a little distance, which helps you to see the situation clearer and become a bit surer of your answer. It also keeps you from being bullied into an immediate response.

### **3. Watch your wording**

Are you telling people you *can't* do something or *won't* do it? 'Won't' puts people on the defensive and invites an argument. 'Can't' implies that if the situation were different, you would be glad to help. A 'no' expressed goes a long way toward diplomacy.

Why is this important? Mostly because the main reason people hate saying 'no' is because they don't like confrontation. They are often afraid that turning someone down is going to create an uncomfortable situation. Having the right words that keep the situation from turning unpleasant should make your 'no' that much easier to say.

#### 4. Drop the long explanations

Telling the other person all the reasons why you're saying 'no' only makes you look insincere, or that you're giving excuses. Remember, you don't need to offer anything more than a simple 'yes' or 'no.' If you want to say anything extra at all, keep it very simple. Instead of, "I can't make that weekend, my daughter is in a dance recital" stick with "I can't make that weekend."

#### 5. Look for the compromise

Maybe you don't want to chair the committee, but you don't mind serving *on* the committee in another capacity. That enables you to couple your 'no' with an alternative suggestion.

#### 6. Remember you're refusing the other person, not rejecting them

It's not personal, nor should it be. There's nothing wrong with telling someone 'no,' nor should it impact your relationship with them. If it does, then it's possible the relationship wasn't healthy to begin with.

#### 7. In the case of repeat askers, put yourself in their shoes

Why are they asking more than once? It's possible that they feel as though no one is hearing them. Try repeating back what they're asking when you give their reply so that they know they've been heard.

#### 8. Say yes sometimes

While this seems an odd thing to add onto a list about saying 'no,' stop a minute and think about it. Chances are you have some people in your life that ask you to do things for them on a regular basis. Saying 'no' every single time they ask isn't good for any relationship.

Say 'yes' once in a while but only to the things you want to do. If you find that you truly don't want to say yes to anything this person asks you to do, then it's time to examine the role this person has in your life. Why are they still there? It might be that you've outgrown this friendship, or never had a strong relationship in the first place.

In saying no, as with anything in life, the most important thing to remember is that you need to be true to yourself first and foremost.

Anytime you agree to something because you think you 'should' for some reason or another, you're compromising yourself. That isn't healthy and will come to be something that you regret. Avoid that now by saying 'no' to the things that you genuinely don't want to do.

## Being Yourself



Changing yourself takes confidence and a whole lot of courage. By now you're already cultivating a certain strength by merely standing up and learning how to say 'no.' Now it's time for the next step, and it's a tough one.

You're going to have to be **you**. Absolutely, beautifully, unapologetically yourself.

Once upon a time, you already knew how to do this. It's when we grow older that we learn to doubt ourselves. We layer on other people's expectations and then start taking on their needs as our own. After a while, it's not uncommon to start feeling a little lost when asked who you are. Chances are, you might not even know how to answer anymore.

The good news is, it's not too late to figure that out.

You can start by asking yourself several

questions, a kind of 'getting to know yourself' interview. The goal here is to find out all about who your favorite person should be: **You**.

1. What did you dream about being when you were a child?

2. When was the last time you laughed so hard you cried? What happened?
3. What activities get your heart pumping?
4. What's the last thing you looked forward to and why?
5. What's the first thing you grab from your closet? Why?
6. If you could go anywhere or do anything with money as no object, what would you do?
7. It's years from now, and you're at the end of your life. What are the things you're proudest of doing? What do you need to do today to have those accomplishments?
8. What do you dream about most often?
9. What's unique about you?
10. What would your friends say is their favorite thing about you?
11. Who do you feel the most 'you' around?

The answers to these questions should give you a little clearer idea of who you are, and who you want to be.

It might be you're feeling a bit dissatisfied with the results – and that's normal. Everyone has things they're not happy about in their lives. The question is, are you going to let yourself be bogged down by the past, or are you ready to look forward, beyond all those things to you who you can be starting today?

Part of having the kind of confidence that it takes to be 'unapologetically you' is that you're going to have to learn how to love yourself, every part of you, warts and all.

If you're having a little trouble with that concept, You can start with some simple actions.

### **1. Embrace the you of today**

You're here, and that's a marvelous miracle! Start with a hard look in the mirror. Then without judgment, without regrets or a whole lot of 'shoulds' (as in, "I should lose

weight” or “I should do something to clear up that acne”) you need to look at the person in the mirror and tell them the hardest thing you’ll ever say:

“You’re amazing.”

If you can start every single day with that long look, and those two simple words, you’re going to find out something exciting – eventually you’re going to start believing it. Eventually you will find that beautiful acceptance of who you are.

For the record? You *are* amazing. Don't believe it? Talk to the person who knows you best – you.

## **2. Take care of yourself**

People pleasers are used to taking care of those around them first – usually to the detriment of their health and sanity. That has to stop.

That means putting the time and effort into caring for your physical health and your mental health as well.

Embrace the things that help you to grow emotionally. Commit to getting your body into better physical shape. Why is this so important?

Confidence comes from a place of good health. It’s hard to feel good about yourself when you just plain aren’t feeling good. So, take the time and do what it takes to get to that better place.

As a side note, don't feel bad if you need some help in this area. A visit to the doctor is a significant first step toward setting healthy goals for yourself.

It might be you want to sign up for a personal trainer at the gym to jumpstart your workout. Or to visit a counselor to help with the more deep-seated issues.

Whatever it takes to put yourself in order, don't be afraid to do it. By using the resources around you, you'll find that your progress is that much faster than it would be

otherwise. In the worst-case scenario, you'll be building a support team in the meantime.

### **3. Do the things that terrify you**

The things that scare you are the things that help you to grow. So, sign up for that class or talk to the person you've been crushing on for the last year.

### **4. What's on your 'To Do' list?**

It's time for some goals. Break a habit, build a new one. Pursue that dream you've been holding onto for too long. It's time for action. Remember, whatever you're trying to accomplish, you'll get a lot further if you have someone to make you accountable, so be sure to share what you are trying to accomplish with someone else.

### **5. Who's got your back?**

It's too hard to improve yourself without support. Look at your friends and ask yourself who in the group has always had your back? Who is your cheerleader? If you find out that you don't have a lot of positive friends – and that's likely because when we don't like ourselves, we tend to surround ourselves with people that don't treat us very well – it might be time to make some new friends.

Spend time with people who allow you to be yourself – the true, positive, and more confident you.

Something to remember: as hard as it seems, it might be time to evaluate some friendships. The people who are used to the people-pleaser and have been taking advantage of you on a regular basis are the ones who need scrutiny.

Remember what you've learned – use that positive stance as you stand up for yourself, and practice saying no. If those people aren't respecting these boundaries, it might be time to close out those friendships. You cannot afford to keep friends who are going to keep trying to drag you back to your old life.

### **6. Embrace the things that make you unique**

People pleasers are notorious for trying to be what they're not. Too worried about being unique, they become especially adept at blending in, in becoming invisible or just like anybody else. The new, more confident you need to not only accept the qualities that make you extraordinary but needs to embrace them. These are the parts of you that make you special. Accept those with confidence. Let the world see who you are!

## **7. Stop comparing yourself to others, or worse, trying to impress them**

People pleasers get caught up in a cycle of doing things for others because they see themselves lacking. They place their worth in other people's opinions of them. It's a vicious cycle that damages your self-esteem and doesn't really change people's opinions of you – at least in a positive manner.

Again, the only way through this is to accept you for who you are – and to become content with that person.

Having the guts to just be yourself is one of the most powerful steps you can take to breaking the people-pleasing habit.

Once you are happy with yourself, suddenly the opinions of the people you so badly want to please, just won't matter that much.

## Putting Yourself First

The absolute hardest part about turning away from being a people pleaser is this reason right here. Let's face it, you've never been good at putting yourself first, or you wouldn't be in this situation.

People pleasers are used to looking after the needs of others and have done so for so long that turning your back now, can feel almost impossible. No matter how much work you've done on your confidence, and all the times you've said 'no' already – it's still hard to consistently put your needs first.



**Why is this?** A little discussion in deeper detail should help clarify not only your reasons but also the way out.

### 1. You're responsible for others

This belief is one of the biggest reasons you've jumped in to help others in the past. Somewhere in your history, you've got this idea that you were in charge of others. You think that it is up to you to make sure that the world around you is happy, healthy, and running along at a smooth pace.

The reason why this happened might be a subject for therapy. The problem is, trying to get past this idea now is almost impossible – or at least feels that way.

The first thing you need to realize is that unless you're the CEO or possibly a deity of some kind, you're not responsible for the world around you.

That isn't to say you might not be in charge of the safety and well-being of others. There

are several jobs (parents, teachers, medical personnel, etc.) who *do* have the responsibility of keeping those around them safe and happy. *But* you need to be honest with yourself here. Are you looking after only those in your direct care – or have you extended that same courtesy to those outside of that scope?

The people pleaser tends to draw everyone under their umbrella regardless of things like duty or responsibility.

It's time to take a step back. The next time someone asks you for something ask yourself if this is your responsibility or not. If not, then it might be a good time to say no.

## **2. No one will like you**

This is one of the most damaging reasons to be a people pleaser there is. If your self-worth is tied up in what you can do for others, then it's inevitable that people will take advantage of you and hurt you badly when they're done getting what they need. For the sake of your mental health, you need to step away and put the focus on liking yourself. What you need to realize is that if you genuinely think that you're terrific, and the world will too.

## **3. You take pride in being the superhero**

Let's face it, being the person who is always the one to come to the rescue is addictive. So are the accolades. But ask yourself just how much this action benefits you in the long run? Sooner or later, the world starts expecting you to be the one to bail them out and that honestly gets exhausting. Are you sure this is what you want to do to yourself?

## **4. You don't deserve anything better**

When your self-image is poor, you very naturally start putting the needs of people around you first over your own. It's easy to see why. If you don't think you deserve anything good in your life, you're certainly not going to be taking care of yourself. *That has to stop.* Whatever it takes, it's time to heal the image of yourself that you hold. You are worth better than this.

So how do you get past this? It all starts with being assertive and putting your own needs first. After all, you can't take care of anyone else properly unless you first take care of yourself.

- **Change your expectations.** You deserve respect, so start expecting it. Just by carrying yourself as a person worthy of respect, you're more apt to get it from the world around you.
- **Wear your heart on your sleeve.** Don't be afraid to let the world see how you feel.
- **Speak up.** Your opinions matter let the world hear them. That doesn't mean carrying your crusades in a belligerent manner. But do stand up for the things that matter deeply to you.
- **Say no.** We've already talked about this, but it bears saying again. Don't let the world tell you what you're going to do next. Take back control. You're the one who decides your fate, not someone else.
- **Be consistent.** If you've already said no, don't change your mind. Stick with your decisions.
- **Ask for the things you that you want.** If there's something you need, maybe it's time to express that desire to someone else in your circle of acquaintances. What's the worst that can happen? If they say no, then move on, and ask someone else.
- **Learn to create priorities - and place taking care of yourself at the top.** If you're being asked to do something that is detrimental to you somehow, then it should be an easy 'no.'
- **Don't be afraid to screw up.** Mistakes are a natural part of life. Don't let that shake your confidence or your self-image. Just pick yourself up and keep going.

And most of all: *Remember why you're doing this.* The world isn't going to take advantage of you anymore. You have value and worth. You have every right to pursue your happiness.

***Isn't it time you did something for you?***

## Conclusion

In the end, the only way to stop being a People Pleaser is to take charge of your life. You need to attack the world with the faith and confidence of several facts:



YOU ARE AMAZING  
YOU ARE WORTHWHILE  
YOU DESERVE GOOD THINGS

The people pleaser in you has allowed the world to take priority over you for long enough.

It's not selfish to take care of yourself. So, stand up for yourself! Show the world that magnificent, confident person that you've been hiding for so long.

Remember these steps to standing up for yourself, and you're going to be just fine.

- Stand up
- Say "No"
- Be Yourself
- Put Yourself First

You've got this. Now is your time to show the world what you're made of!