

# UNKIND

The People Pleaser's Guide to Standing Up for Yourself

# WORKBOOK





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# INTRODUCTION

Do you find yourself putting the needs of others before your own?

Are you so anxious to make other people happy that your own happiness is effected?

Do you constantly find yourself saying “yes” even though your entire body is screaming “NO!”

If you answered yes to any of the above questions, then you are most likely suffering from people pleasing syndrome.

No matter how you became a people pleaser, this workbook is designed to help you break the cycle!

Don't get pushed around anymore. Say no with confidence. Reclaim your time and energy.

Sound good? Let's get started then!

# STAND UP

A huge step to breaking the people pleasing cycle is to start standing up for yourself. Standing up for yourself means being assertive, and being assertive means not letting people push you around.

The best way to learn how to stand up for yourself is to reflect on past situations where you didn't.

Start by reflecting on past incidents that you felt you didn't stand up for yourself. Think about how it negatively affected you, and then think of how you'd react if you were more assertive.

We have provided room below for several incidents, but please use the template to keep a running list in another notebook.

Consider this a living list and add to it as needed. You will find that the continued focus and reflection, will help you notice situations in real time where you need to stand up for yourself.

I should have stood up for myself when:

It negatively affected me by:

I should have done this instead:

This would have benefitted me by:

I should have stood up for myself when:

It negatively affected me by:

I should have done this instead:

This would have benefitted me by:

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# SAY “NO”

In the last chapter, you reflected on times you should have stood up for yourself. This section is similar but there is an important difference.

While you just looked at standing up for yourself, this section specifically zeroes in on “saying no”.

If you are a people pleaser, then you have certainly said ‘yes’ when you wanted to say ‘no’.

Much like the last exercise, reflection is a powerful tool when it comes to getting comfortable saying no.

Below you will think about times you said yes when you should have said no. You will focus on how it hindered you, and then think of ways you could say no in the future.

We have left space for 5 incidents, but please copy the template if more are needed.

**A Time I Said “Yes” But  
Should Have Said “No”**

**How It Negatively  
Affected Me**

**Clever Ways to Say No  
To Things Like This in  
Future**

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# BE YOURSELF

One of the worst things about being a people pleaser is that you are so worried about pleasing others, that you literally lose your sense of self.

You don't want to offend or anger others, so you push down the things that make you unique and your own person.

A social filter is important, but if you stop being yourself all the time – then what is left? Some people are so obsessed with pleasing others, they can't even let their guard down around the people closest to them.

So, how do you start “being yourself”? Well, the first step is to figure out WHO you are.

In this section, you will define who you are. Your likes, dislikes, beliefs, etc...

Once you start actively figuring out who you are, you will be less willing to stray from that to please others.

# YOUR LIKES

These are things you like and enjoy a lot. These could be things, people or activities.

# YOUR DISLIKES

These are things you do not enjoy no matter what. These could be things, people or activities.

# YOUR CORE BELIEFS

These are the beliefs you believe in fully (to your core). These could be religious, moral or general.

# WHO ARE YOU

Using the above info (or not!) write down a paragraph about who you think you are. Write it like you are your own biographer.

# PUT YOURSELF FIRST

Now that you know who you are, it is time to think about how you can start putting your needs first.

This might sound selfish, but remember – if you don't take care of yourself, you won't be able to help others.

For example - when you are on an airplane, the instructions always tell you to make sure your own air mask is on before you help others. There is a reason for that!

In this chapter, you are going to think about all of the times you don't put yourself first – and then think of how to change that.

*Pro-tip – a little self-love and pampering is totally allowed.*

A Time I Don't Put Myself First	How I Will Change That!
Ex. I never consider my own preferences when making dinner for the family	Ex. At least once a week I will make myself a dinner that I love

<b>A Time I Don't Put Myself First</b>	<b>How I Will Change That!</b>
Ex. I never consider my own preferences when making dinner for the family	Ex. At least once a week I will make myself a dinner that I love



# CONCLUSION

This workbook isn't going to stop your people pleasing ways overnight – but if you dedicate yourself to working through it – it will make a difference.

The reflection exercises in this workbook are designed to help you figure out:

- o Who you are
- o What you enjoy
- o When people are taking advantage of you
- o When you should say no

Those 4 simple things are KEY to ending the people pleasing cycle.

Don't fill this workbook out and consider yourself done. Keep doing the exercises regularly until standing up for yourself becomes second nature.

**Welcome to the new, more assertive you!**