



## Simple Ways to STOP People-Pleasing

People-pleasers hate inconveniencing, offending, or in any way displeasing others. Below are suggestions to help you get comfortable with that discomfort. Think of it as practice for prioritizing your own needs. Try the ideas once, twice, or longer if they work for you. This is not a manifesto for how to live your best life. The goal is to stop your people-pleasing, not turn you into a social outcast.

1. On the road, drive the speed limit, stop longer than usual at stop signs when a line of cars is behind you, and turn left or parallel park where it holds up traffic.
2. Refuse to drive until passengers wear their seatbelts.
3. Ask passengers to roll their window up or down, not to eat in your car, or to wipe their crumbs from the seat.
4. Play the radio station YOU want, as loudly as you want it.
5. If you are the passenger, ask the driver to change the station, put their window up or down, or drive more slowly or carefully.
6. When interacting with a stranger (food server, salesperson, etc.) don't smile.
7. Reject a friend's restaurant suggestion and offer your own choice.
8. At a restaurant, be the last to decide on your order. Make everyone wait.
9. Ask detailed questions about a dish before you order.
10. Return your dish if it's not prepared exactly the way you want.
11. Don't tip if the service is bad.
12. At a store, return an item without a receipt. Use lots of coupons.
13. Ask for a price match with a competitor, even with a line of people behind you.
14. Speak to a manager if the associates are rude, items are mis-priced, or the store is unkempt.
15. For a day (a week?), use no exclamations points or emojis on your texts and emails.
16. For an entire conversation, don't apologize for anything. (If something is truly your fault, you can call the friend the following day and explain.)
17. If someone shows up at your home unexpectedly, tell them it's a bad time.
18. Ask a family member to text before they call.
19. Tell a family member you only have X minutes to talk or visit.
20. Don't clean up before friends visit, and don't apologize. Don't even mention it.
21. Serve less food and drink to guests than you usually do.
22. Don't have a friend's favorite beverage on hand. Don't apologize!
23. If you have guests over, ask them to leave at a time of your choosing.
24. If you're the guest, ask your host to adjust the heat or A/C, to open or close a window, or to keep their dog/cat/kids from jumping on your lap.
25. For a day (a week?), don't compliment people on their appearance or apologize for your own appearance.
26. When scheduling a healthcare appointment, turn down the first two or three times offered, and ask detailed questions before you book.
27. Ask a doctor to repeat what they said, or speak more slowly, or explain another way.
28. When a doctor gets up to leave, ask one more question.
29. Tell a doctor you don't understand something. Don't give excuses. Let them solve the problem.
30. If you have finicky neighbors, let your grass grow long or leave toys out on the lawn.
31. Ask a neighbor to keep their pets or kids off of your property.
32. Ask a neighbor if you can borrow a tool or household item.
33. Mow or rake only to the edge of your property and not onto your neighbor's.
34. At work, don't offer to get a coworker their coffee.
35. Ask a coworker to pick you up coffee, and give them complicated instructions about how you "take it."
36. Tie up the lunchroom microwave to prepare your lunch, and cook or reheat something smelly like fish.
37. Let someone else clean the lunchroom fridge. (But maybe not the day you cook fish!)
38. Offer an opposing opinion in a meeting.
39. Ask a coworker to take over a part of your project.
40. For a week (a month?), leave on time, and don't volunteer for extra assignments or tasks.
41. Tell your boss what they're asking would be a hardship for you.
42. Tell a hair stylist your results are not what you wanted. Ask for a correction even if she'll run behind.
43. Tell the stylist when the water's too hot, the apron's too tight, the sink lip is too uncomfortable.
44. Ask a stylist to squeeze your next appointment in on their busiest day.
45. At home, insist on watching your show that interferes with a partner's show.
46. Ask your partner to do a chore so you can take a break.
47. For a week (or forever), don't do your kids' or your partner's chores for them.
48. If you need more togetherness, solitude, stimulation, quiet, tell your partner.
49. If someone interrupts you, interrupt them back to ask them not to interrupt.
50. Say all of these: "No," "That won't work for me," "I'm not available," "I'm uncomfortable with that," "I'm going to pass," "Let me get back to you." Repeat as needed, and sometimes even when not needed.
51. **BONUS: For more ideas and resources on overcoming people-pleasing, go to: [www.KarenDeBonis.com](http://www.KarenDeBonis.com).**