QUIET 1 JOURNALS

How to Stop People Pleasing

Start with one honest no.

You do not have to become colder or stop caring about people. You need a way to include yourself in the decision. Use this reflection when an automatic yes is costing you time, energy, or peace.

> **A yes is most useful when it is freely chosen. Before you agree, ask: Do I have the capacity? Do I want to do this? What will this choice cost me?**

1. Pause before you answer

Use a holding sentence: “Let me check and get back to you.” “I need to think about that before I commit.” A pause gives you room to make a choice instead of following a reflex.

2. Check the request

- What exactly is being asked of me?
- What have I already promised this week?
- Will this choice feel honest and sustainable afterward?

3. Start with one small no

Choose a low-stakes request. Keep your response clear: “I cannot make it this time.” “I do not have room for that this week.” “I can help for 20 minutes, but I cannot take the whole thing on.”

4. Let guilt pass

Feeling uncomfortable does not automatically mean you have done something wrong. Check the facts. If you have not broken a promise or acted against a value, give the feeling time to settle before changing your answer.

5. Reflect

Where do I say yes most quickly? What am I afraid will happen if I say no? What would I make room for if I included my needs in the decision?