



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Checklist

Many people struggle to recognise when people pleasing, emotional over-responsibility or weak boundaries are affecting their wellbeing.

For some people, prioritising others became a way to avoid conflict, rejection, criticism or emotional tension.

Over time, this can lead to burnout, emotional exhaustion and disconnection from personal needs.

This checklist is designed to help reflect on patterns linked to people pleasing and difficulty maintaining healthy emotional boundaries.

1. Difficulty Saying No

Do you:

- ☐ Say yes to things you do not really want to do?
- ☐ Feel guilty when saying no?
- ☐ Worry excessively about disappointing others?
- ☐ Over-explain yourself when setting limits?
- ☐ Agree to things even when emotionally exhausted?
- ☐ Avoid boundaries to prevent conflict?

2. Emotional Over-Responsibility

Do you:

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- ☐ Feel responsible for other people's emotions?
- ☐ Try to "fix" tension or discomfort quickly?
- ☐ Feel anxious when someone is upset with you?
- ☐ Constantly try to keep the peace?
- ☐ Prioritise other people's comfort over your own wellbeing?
- ☐ Feel guilty focusing on your own needs?

3. Fear Of Conflict or Rejection

Do you:

- ☐ Avoid difficult conversations?
- ☐ Feel emotionally unsafe disagreeing with people?
- ☐ Fear being seen as selfish or difficult?
- ☐ Apologise excessively?
- ☐ Stay quiet to avoid upsetting others?
- ☐ Feel anxious after expressing boundaries or needs?

4. Emotional Exhaustion

Have you:

- ☐ Felt emotionally drained from supporting others constantly?

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- ☐ Ignored your own emotional needs for long periods?
- ☐ Felt burnt out from always being available?
- ☐ Felt resentful but struggled expressing it?
- ☐ Felt disconnected from your own needs or identity?
- ☐ Felt emotionally overwhelmed trying to keep everyone happy?

5. Boundaries & Self-Worth

Do you:

- ☐ Feel like your worth depends on being helpful or needed?
- ☐ Struggle resting without guilt?
- ☐ Feel uncomfortable taking up emotional space?
- ☐ Put yourself last automatically?
- ☐ Feel guilty protecting your own time or energy?
- ☐ Feel emotionally responsible for making relationships “work”?

Reflection

People pleasing and weak boundaries often develop as survival responses linked to:

Trauma

Fear of conflict

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Emotional invalidation

Rejection sensitivity

Emotionally unsafe environments

Many people learn to prioritise everyone else so consistently that they stop recognising their own emotional needs.

Important Reminder

You are allowed to:

Say no

Rest

Protect your emotional energy

Have boundaries

Take up space

Prioritise your wellbeing too

Boundaries are not selfish.

They are an important part of emotional safety.

Support & Further Resources

Understanding people pleasing patterns can help reduce burnout, rebuild self-trust and support healthier emotional boundaries over time.

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Turning silence into understanding through lived experience.

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