

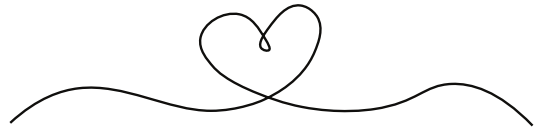
A woman with dark, curly hair is shown in profile, looking out a window. She is holding a light blue cup of coffee. The background is a bright, out-of-focus window with white curtains.

# **What type of People Pleaser are you?**

take the Quiz

By Judy Wang, LCPC, CPC, LMHC

© Healing Hearts Counseling, LLC



**Judy Wang, LCPC, CPC**

Hi, I'm Judy, the founder of Healing Hearts Counseling, LLC.

I help people pleasers learn to say no without guilt, without anxiety and without losing yourself.

Over the years, I've worked with many clients who struggle with anxiety rooted in people pleasing. Often, they don't even realize they're caught in this cycle until it starts to take a toll on their mental and emotional well-being.

*Let's find out what type of people pleaser you are!*



# Welcome

This quiz is designed to help you identify your primary people-pleasing style. While not an exhaustive guide, it highlights four common types, offering insight into the underlying motivations driving your people-pleasing tendencies.

This quiz is designed as a tool to better understand the motivation behind your people pleasing behaviors but it is NOT a substitute for therapy or professional mental health support. While the quiz and insights may be helpful, each person's situation is unique. Your choices and actions are your own responsibility. Use this quiz in a way that serves you and your understanding of yourself.

# What Type of Anxious People Pleaser Are You?

People-pleasing can show up in different ways. Some people always put others first, some avoid conflict at all costs and some feel the need to prove their worth through achievement. Take this quiz to discover your dominant people pleasing style and learn how to set healthier boundaries.

Instructions:

- Answer each question as honestly as possible.
- Keep track of your responses (A, B, C, or D).
- At the end, tally up your answers to see which type of people-pleaser you most align with.

## 1. When someone asks you for a favor, how do you typically respond?

- A. I immediately say yes, even if I feel exhausted or overwhelmed—I'd rather deal with stress than guilt.
- B. I feel anxious about saying no, so I try to make an excuse or delay my response.
- C. I feel pressured to say yes because I don't want to seem unreliable or incapable.
- D. I hesitate to say no because I don't want them to be upset with me.

## 2. How do you feel when someone is upset with you?

- A. I replay the situation in my head and overanalyze what I could have done differently.
- B. I avoid them or change my behavior to keep the peace.
- C. I push myself to "make up for it" by proving my worth in other ways.
- D. I try to make them happy again, even if it means ignoring my own feelings.

## 3. What thought comes to mind when you're about to set a boundary?

- A. "They're going to think I'm selfish or mean."
- B. "What if they get mad at me and stop talking to me?"
- C. "I should be able to handle this—I don't want to seem incompetent."
- D. "I'll just go along with it so I don't cause any problems."

## 4. What role does anxiety play in your relationships?

- A. I feel responsible for other people's happiness and stress when they aren't okay.
- B. I avoid bringing up issues because I worry about confrontation.
- C. I put pressure on myself to be perfect so others will like or respect me.
- D. I shift my personality or interests depending on who I'm around.

### 5. How do you react to criticism?

- A. I take it personally and feel anxious for days.
- B. I withdraw or avoid the person because I can't handle confrontation.
- C. I push myself even harder to prove them wrong.
- D. I change my behavior to keep them happy, even if I don't agree.

### 6. You're feeling overwhelmed, but someone asks for your help. What do you do?

- A. Say yes immediately, even if it means sacrificing my own well-being.
- B. Say yes, but secretly feel anxious and hope they cancel.
- C. Take it on because I feel guilty if I don't—what if they think I'm unreliable?
- D. Struggle with saying no because I don't want them to be disappointed in me.

### 7. How does anxiety affect your decision-making?

- A. I constantly worry about making the "wrong" choice and disappointing others.
- B. I avoid making decisions and let others decide for me.
- C. I overthink every possible outcome and try to control everything.
- D. I second-guess myself and change my mind depending on who I'm with.

## Results: What Type of Anxious People Pleaser Are You?

#### 💛 **Mostly A's - The Caretaker (Anxiety-Driven Guilt)**

You feel responsible for other people's emotions, and anxiety makes you overextend yourself. The thought of letting someone down feels unbearable, so you push yourself even when you're running on empty. Learning that you are not responsible for everyone's happiness is key to your growth.

#### 😬 **Mostly B's - The Conflict Avoider (Anxiety-Driven Fear)**

Your anxiety spikes at the thought of confrontation, so you go out of your way to keep the peace. You may suppress your needs, avoid difficult conversations or feel physically anxious when tension arises. Practicing assertiveness and self-trust will help you feel more confident.

#### 🏆 **Mostly C's - The Over-Achiever (Anxiety-Driven Perfectionism)**

You tie your self-worth to how much you achieve. Your anxiety makes you feel like you need to prove yourself and saying no feels like failure. You may struggle to rest or ask for help because you worry about being seen as weak. Recognizing that you are already enough—without overworking—is crucial for your well-being.

#### 🌈 **Mostly D's - The Chameleon (Anxiety-Driven Identity Shifting)**

Your anxiety makes you hyper-aware of how others perceive you, so you shift your behavior to fit in. You may struggle with knowing who you truly are outside of relationships. Building self-awareness and practicing authenticity will help you feel more secure in yourself.



If you found this to be helpful, check out my website:  
[www.healingheartscounselingllc.org](http://www.healingheartscounselingllc.org)

