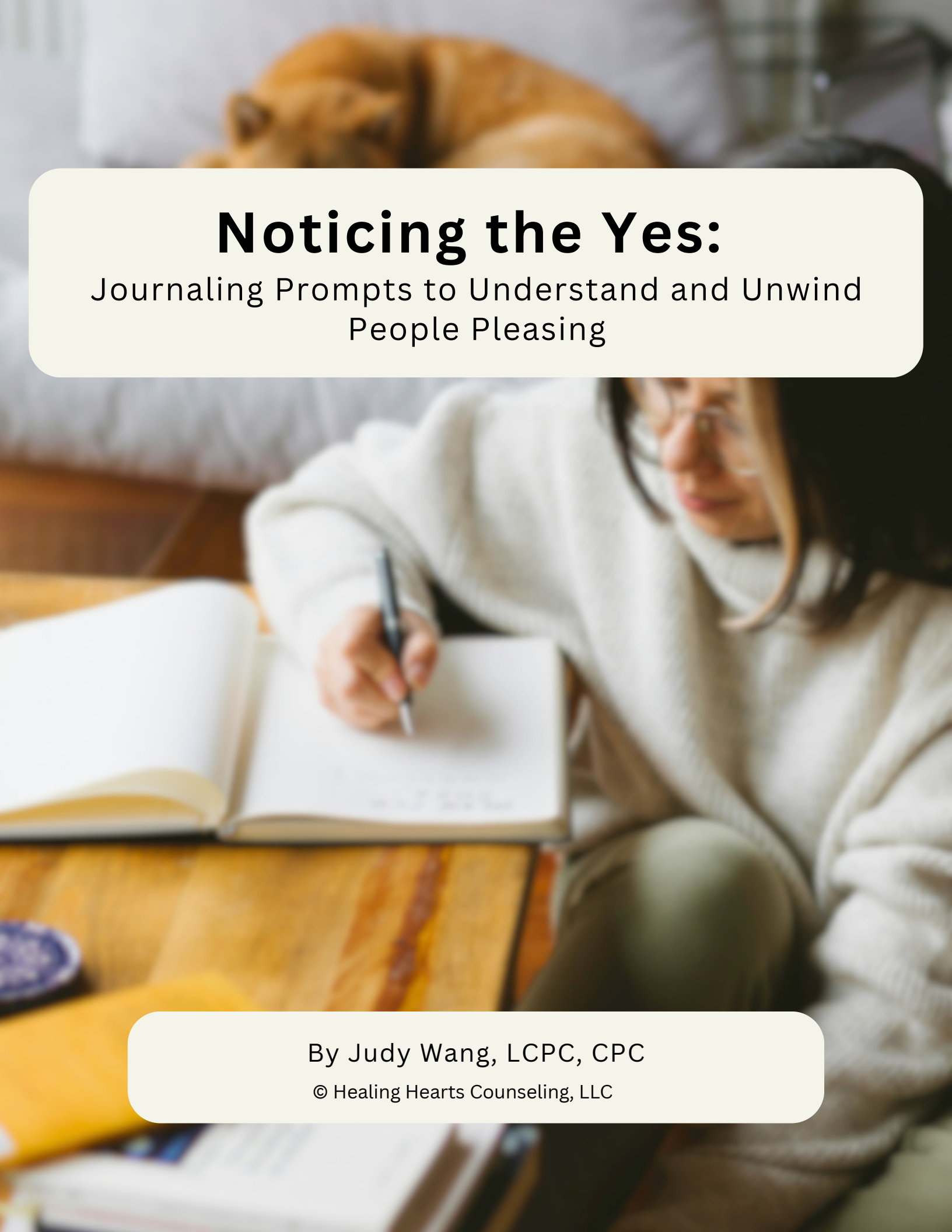


A woman with glasses and a white sweater is sitting on a wooden floor, writing in a journal. A dog is lying down in the background.

# Noticing the Yes:

Journaling Prompts to Understand and Unwind  
People Pleasing

By Judy Wang, LCPC, CPC

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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 get started!*

[www.healingheartscounselingllc.org](http://www.healingheartscounselingllc.org)

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# Welcome

This Journal was created to help my clients become more aware of their people pleasing patterns. While many had recognized this tendency, it had become such an ingrained habit that they often didn't notice when they were engaging in it, let alone how to stop. However, by reflecting on these moments, they began to identify patterns, anticipate triggers and most importantly, recognize when people pleasing was happening in real time.

The goal of this journal is not just to look back on your day but to build the awareness needed to catch yourself in the moment. The more you reflect, the sooner you'll be able to recognize these behaviors as they happen, giving yourself the opportunity to make a different choice. Keep journaling until that awareness becomes second nature and recognized in the present moment.

This journal is designed as a tool for self-reflection and personal growth but it is not a substitute for therapy or professional mental health support. While the exercises and insights may be helpful, each person's situation is unique and lasting change often requires deeper exploration with a licensed therapist.

Your choices and actions are your own responsibility. Use this journal in a way that serves you and remember, you always have the power to decide what's best for you.

## Daily Reflection Journal: Noticing Your People Pleasing Patterns

### *Daily journal prompts to build self-awareness*

Aim to complete these reflections over at least seven days. This gives you the chance to notice the variety of people pleasing situations that can come up in your daily life and begin recognizing patterns you may have missed before.

**Day # \_\_\_\_**

When did I say “yes” when I really wanted to say “no” today?

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In the moment, did I automatically say yes or did I recognize I wanted to say no?

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If I recognized I wanted to say no, what kept me from doing it?

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If I automatically said yes, what emotions did I notice feeling in that moment?

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Aim to complete these reflections over at least seven days. This gives you the chance to notice the variety of people pleasing situations that can come up in your daily life and begin recognizing patterns you may have missed before.

#### **Day # \_\_ continued**

How did people pleasing impact my mood, energy or self-esteem?

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Thinking about tomorrow, what is one small thing I can practice saying no to?

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Take a moment to write down how you would say no tomorrow and in what situation. Then, visualize yourself following through with it.

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Check out my website for more helpful tips.  
[www.healingheartscounselingllc.org](http://www.healingheartscounselingllc.org)