

SIMPLY HUMAN

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People Pleasing: Traits & Psychological Reasons Behind the Behavior

TRAIT	PSYCHOLOGICAL DRIVERS	IMPAIRED BOUNDARY LEG	PRACTICES
Difficulty saying "no."	Fear of Rejection if asserting own needs	1, 3	<ul style="list-style-type: none">• Listen to "Getting Unstuck" with Pema Chödrön.• Practice saying "no".• Read: "The Power of a Positive No" by William Ury
Constantly seeking approval and external validation through serving behavior.	Childhood experiences or societal pressures that reinforce the behavior. Conflate approval as security	1, 2, 3	<ul style="list-style-type: none">• Build a reliable support system of people who value you for who you are, NOT for what you do for them.• Learn to self-validate• Identify personal values as your compass.• Align actions with values.• Review imposter Syndrome 1• Therapy for healing childhood wounds.

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High sensitivity to others' emotions and needs	High empathy Childhood experiences Vulnerable to projections or projective identification.	2	<ul style="list-style-type: none"> • Build or regain a sense of control of your own emotions. • Sensory awareness • "Was I feeling this 5 minutes ago?"
Fear of rejection or disappointment	Low self-esteem	3	<ul style="list-style-type: none"> • Learn to calm your body • Build resilience & self-efficacy • Embrace mistakes • Inner-critic work • Spirituality, existential courage
Avoids conflict	Anxiet	2, 3	<ul style="list-style-type: none"> • Cultivate curiosity • Reframe • Inquiry
Self-forgetting	Trauma history, unstable or chaotic upbringing, social or cultural norms.	1, 2, 3	<ul style="list-style-type: none"> • Therapeutic support. • Habit of checking in with yourself. • Identify values. • Test your inherited beliefs. • Cultivate being present. • Look for role models.