



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I a People-Pleaser?

10 questions about prioritising others at your own expense

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles

Am I a People-Pleaser?

This self-assessment helps understand your tendency towards people-pleasing and approval-seeking. It's designed for Indian adults to provide gentle insights into these patterns.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often say 'yes' when you really want to say 'no'?
- Do you find yourself apologising frequently, even when you don't feel entirely at fault?
- Do you tend to change your opinions or preferences to match those around you?
- Do you feel responsible for managing or fixing other people's emotions?
- Do you find it difficult to express disagreement or say 'no' to requests?
- Are you generally uncomfortable with conflict or confrontation, even over small matters?
- Do you sometimes feel resentful after doing things for others, even if you agreed willingly?
- Do you frequently seek reassurance from others about your actions or decisions?
- Do you often hide your true feelings or thoughts to avoid upsetting or disappointing others?
- Do you sometimes do things primarily out of fear of rejection or disapproval, rather than genuine desire?

Score: Count the number of 'Yes' answers. This will help you understand your responses.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Healthy Flexibility

Your responses suggest a healthy balance. You can consider others' needs while also honouring your own boundaries and desires.

SCORE: 4-6

Mild People-Pleasing

You may show some tendencies towards people-pleasing. Gentle awareness can help you navigate situations where your needs might be overlooked.

SCORE: 7-8

Moderate People-Pleasing

These responses indicate a more significant pattern of people-pleasing. Exploring these tendencies further could be beneficial for your well-being.

SCORE: 9-10

Significant People-Pleasing Pattern

Your answers point to a strong pattern of seeking approval and potentially neglecting your own needs. Consider seeking support to develop stronger self-advocacy and boundary-setting skills.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember, your needs and feelings are valid. Practicing small acts of self-advocacy, like expressing a minor preference, can build confidence over time.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which 'Yes' answer resonated most strongly with your daily life?

2. In what situations do you find yourself saying 'yes' when you mean 'no'?

3. What is one small step you can take to honour your own needs more often?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Setting Healthy Boundaries Workshop

Learn practical strategies to establish and maintain personal boundaries effectively.

₹499

2

Assertiveness Skills Course

Develop confidence in expressing your thoughts, feelings, and needs respectfully.

₹799

3

Understanding Emotional Needs Module

Gain insight into your emotional landscape and how to meet your own needs.

₹299

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224