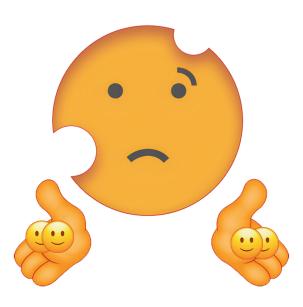
The Signs of Suffering: People Pleasing

People pleasing, often referred to as 'Overextension', is the act of taking on an excessive amount of responsibilities and burdens, often at the cost of one's own well-being, in an effort to meet the expectations of others or to avoid conflict. This behavior is often driven by a fear of letting others down, disappointing them, or a need to seek validation and worth.



MENTAL HEALTH AND BURNOUT

People Pleasing (Overextension) has significant ties to mental health:

- Emotional Burden: Continuously trying to please others can create an intense emotional burden, leaving individuals feeling trapped and overwhelmed.
- Anxiety and Stress: The fear of not meeting others' expectations or being judged negatively can amplify anxiety levels.
- **Depression:** Over time, if one consistently neglects their own needs and desires in favor of others, it can lead to feelings of worthlessness and depression.
- **Burnout:** The physical and emotional toll of constantly trying to accommodate everyone else can lead to burnout, characterized by extreme fatigue, reduced performance, and detachment.

PEOPLE PLEASING MAY LOOK LIKE:

- Difficulty Saying "No": Always agreeing to tasks or commitments, even when already overextended.
- Seeking Validation: Constant need for approval or affirmation from others.
- Avoiding Conflict: Going out of the way to avoid any form of disagreement or confrontation.
- Feeling Responsible for Others' Happiness: Believing that it's one's duty to ensure everyone else is content, even at personal expense.
- Over commitment: Regularly finding oneself overbooked or stretched too thin.

STEPS TO TAKE:

- Self-awareness: Recognize and acknowledge the behavior. Ask yourself why you're agreeing to a task or responsibility. Is it out of genuine interest or just to please someone else?
- Set Boundaries: It's essential to establish clear personal boundaries. Understand that saying "no" is not a rejection of the person but a way of honoring your own needs.
- Seek Support: Talk to friends, family, or professionals who can offer insights and help you navigate and change the behavior. It's okay to ask for help in understanding and managing your peoplepleasing tendencies.

