A FREE GUIDE FROM DUSTIN

People Pleaser Reset

7 signs you're losing yourself to keep everyone happy. And how to start choosing you again.

How to use this guide

1. Go one page at a time.
2. Tick what feels true. Skip what doesn't.
3. Try just one small thing this week.

By Dustin Smith

Plot Twist

HELLO

Why I made this

For a long time, I tried to keep everyone happy.

I thought being a good person meant never saying no.

I wanted to fit in. I wanted people to like me. I wanted them to be proud of me.

So I put everyone else first. Every time.

Slowly, I lost track of who I was. I made choices based on what I **should** do, not what I **wanted** to do.

Then came my plot twist. I learned that choosing yourself isn't selfish. **It's necessary.**

If this sounds like you, it's not your fault.

Lots of us learned to please people to stay safe. This is very common for neurodivergent and LGBTQ+ people. Your brain was protecting you. Now you get to choose a new way.

Dustin

QUICK CHECK

Which of these feel true?

Tick any that sound like you. No right or wrong answers.

- [ ] I say yes when I really mean no.
- [ ] I worry a lot about what people think of me.
- [ ] I stay quiet so there's no fight.
- [ ] I don't really know what I want any more.
- [ ] I feel like everyone's happiness is my job.
- [ ] I change myself to fit in.
- [ ] I feel guilty when I choose me.

Ticked any? Next, you will find each sign explained, with my story, one thing to try, and one question to think about.

1 You say yes when you mean no

LOOKS LIKE The "yes" comes out before you can think. Then you feel tired or annoyed.

MY STORY I thought saying yes made me a good person. Really, I was saying no to me.

TRY THIS Before you answer, say: "Let me check and get back to you."

ASK YOURSELF **Do I want to, or am I scared to let them down?**

2 You worry a lot about what people think

LOOKS LIKE You replay chats in your head. You wonder if someone is mad at you.

MY STORY Growing up gay, people made comments about how I talked and looked. I learned to watch myself all the time.

TRY THIS When the worry comes, say: "That's my brain trying to keep me safe. I'm OK."

ASK YOURSELF **If nobody judged me, what would I do?**

3 You stay quiet so there's no fight

LOOKS LIKE You say "it's fine" when it's not. You hide how you really feel.

MY STORY I thought staying quiet was being kind. Really, I was hiding.

TRY THIS Share one small, true thing. Like: "I'd like to pick the film this time."

ASK YOURSELF **Am I quiet because I'm calm, or because I'm scared?**

4 You don't know what you want any more

LOOKS LIKE Someone asks "What do you want?" and your mind goes blank.

MY STORY In dating, I'd turn into whoever the other person liked. I lost track of me.

TRY THIS Start a "Things I like" list. Begin with 3 tiny things: a food, a song, a place.

ASK YOURSELF **If no one expected anything from me, what would I choose?**

5 You feel like everyone's happiness is your job

LOOKS LIKE Someone is upset, so you rush to fix it. If they're sad, you feel like you failed.

MY STORY I used to carry everyone's feelings. It was so heavy.

TRY THIS Use "My zone, their zone" on page 9.

ASK YOURSELF **Am I helping, or carrying something that isn't mine?**

6 You change yourself to fit in

LOOKS LIKE You act different with different people. You hide parts of you. This is called masking.

MY STORY I hid parts of me so people would accept me. The more I hid, the more lost I felt.

TRY THIS Pick one safe person. Show them one real bit of you.

ASK YOURSELF **Where am I changing myself just to be liked?**

7 You feel guilty when you choose you

LOOKS LIKE You rest, then feel bad. You say no, then feel sick about it.

MY STORY I thought putting myself first was selfish. It isn't. My needs matter too. So do yours.

TRY THIS Use the guilt wave steps below.

ASK YOURSELF **Why do I feel bad doing something good for me?**

Riding the guilt wave

Guilt often shows up after you choose you. It feels big, but it passes, like a wave.

1. Name it. "This is guilt."

2. Breathe. In for 4. Out for 6. Do it 3 times.

3. Remind yourself. "Guilt is a feeling, not a fact. I'm allowed."

4. Wait it out. Don't take your no back. The wave gets smaller each time.

TOOL 1

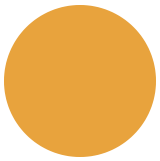
Stop, Pause, Go

Use this when someone asks you for something. Like a traffic light for your yes.



Stop

Don't answer straight away. Say: "Let me check and get back to you."



Pause

Ask yourself 3 things. Do I want to? Do I have the time? Do I have the energy?



Go

Now answer. Give your true yes, or your kind no. Both are OK.

Tip: Your brain may need more time to decide. That's normal. "Let me check" gives you that time.

TOOLS 2 AND 3

Kind ways to say no

Pick one. Practise it out loud. You don't have to explain.

"Let me check and get back to you."

"I can't this time, but thanks for asking."

"That doesn't work for me."

My own: _____

My zone, their zone

Look after your zone. Let others look after theirs.

My zone

- My words
- My choices
- My feelings
- My yes and my no

Their zone

- Their feelings
- Their reactions
- Their choices
- What they think of me

TOOL 4

Your 7-day reset

One tiny step a day. Miss a day? Just pick up again. No guilt.

Day 1	Notice one "yes" you didn't mean. Just notice.	☐
Day 2	Use "Let me check and get back to you" once.	☐
Day 3	Share one honest opinion, even a small one.	☐
Day 4	Do one thing just because it makes you happy.	☐
Day 5	Say one kind no, without over-explaining.	☐
Day 6	Ask for one thing you need.	☐
Day 7	Look back. What felt good? Write it below.	☐

You don't have to change everything overnight.

Small choices make big changes.

Every time you choose you, you build trust with yourself.

Want more support?

Reply to my emails. Tell me which sign felt most like you. I read every one.

Join the free community: skool.com/chosen-by-you-coaching-1229

Book a free 30-minute chat: calendly.com/dustin-john/30min

Choose yourself,

Dustin