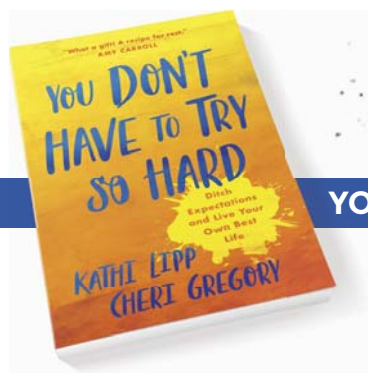


# HOW TO KNOW IF YOU ARE A PEOPLE PLEASER (OR IF YOU'RE DEALING WITH ONE)

1. Apologizing for things  
BONUS: Inability to have anyone be unhappy, disappointed, inconvenienced or in pain.
2. You don't say what you want (or let them know later)
3. Perpetually bitter and resentful

## PAIN POINTS

- \* Bitterness and resentment
- \* Isolation
- \* Faking it
- \* Pocket Popularity



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