**~ People Please Squeezer ~ Worksheet 1 - October 2016**

**When do you ignore your own needs in order to keep the peace?**

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**Do you feel ever guilty for saying no?**

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**When do you say yes when you mean no?**

At home? At work? With which people?

In which situations do you find yourself saying yes when you mean no?

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**When do you feel resentful?**

At home? At work? With which people?

Which situations bring you resentment?

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**Do you ever feel taken for granted?**

At home? At work? With which people?

Which situations make you feel taken for granted?

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**What do people expect from you?**

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**Are there any dreams or desires you have shelved in order to keep the peace?**

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**What do YOU need? What would you like in your life?**

Physically?

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Mentally?

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Emotionally?

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Spiritually?

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Financially?

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**If there were no consequences, what would you like to stop doing?**

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*Innnnnteresting revelations, heh? These answers will really help you focus on the tools in the tutorial this month, and get the most out of the daily challenges in the group.*

*Good work!*

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