Daily Survey: People-Pleasing
July 18 - 21, 2022 - 1000 US Adult Citizens

YouGov

1A. People Pleasing Traits — People Pleasing Traits – Say you agree with others, even when you don't actually agree
How often do you...?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	6%	6%	5%	12%	9%	3%	1%	5%	5%	7%	8%
Somewhat often	23%	23%	23%	40%	27%	17%	10%	22%	28%	23%	21%
Not very often	37%	35%	38%	28%	37%	39%	41%	40%	30%	31%	25%
Not at all often	31%	32%	30%	13%	21%	39%	46%	31%	33%	25%	36%
Not sure	4%	4%	4%	8%	6%	2%	1%	1%	4%	14%	11%
Totals	101%	100%	100%	101%	100%	100%	99%	99%	100%	100%	101%
Unweighted N	(968)	(443)	(525)	(183)	(216)	(360)	(209)	(713)	(114)	(79)	(62)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	6%	7%	5%	5%	6%	3%	6%	6%	5%	4%	5%	5%	8%
Somewhat often	23%	27%	19%	23%	26%	20%	23%	21%	25%	22%	22%	21%	27%
Not very often	37%	39%	34%	38%	36%	41%	34%	41%	37%	42%	38%	37%	32%
Not at all often	31%	24%	36%	31%	28%	34%	33%	29%	29%	28%	31%	33%	29%
Not sure	4%	4%	5%	2%	4%	2%	5%	2%	3%	3%	4%	4%	4%
Totals	101%	101%	99%	99%	100%	100%	101%	99%	99%	99%	100%	100%	100%
Unweighted N	(968)	(336)	(378)	(254)	(357)	(315)	(431)	(253)	(182)	(161)	(216)	(366)	(225)

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1B. People Pleasing Traits — People Pleasing Traits – Feel responsible for how other people feel
How often do you. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	12%	9%	15%	21%	16%	7%	6%	12%	14%	11%	8%
Somewhat often	29%	26%	32%	31%	35%	28%	22%	29%	27%	27%	40%
Not very often	28%	31%	24%	20%	28%	33%	27%	31%	22%	22%	20%
Not at all often	27%	29%	25%	15%	16%	31%	44%	27%	30%	26%	23%
Not sure	5%	5%	5%	12%	6%	2%	2%	2%	8%	13%	9%
Totals	101%	100%	101%	99%	101%	101%	101%	101%	101%	99%	100%
Unweighted N	(975)	(448)	(527)	(186)	(220)	(362)	(207)	(712)	(119)	(80)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	12%	17%	12%	5%	14%	7%	12%	11%	14%	12%	13%	11%	13%
Somewhat often	29%	33%	26%	29%	32%	26%	29%	30%	30%	26%	27%	32%	29%
Not very often	28%	24%	26%	35%	26%	32%	27%	27%	29%	30%	28%	27%	26%
Not at all often	27%	22%	29%	28%	24%	33%	27%	27%	25%	27%	29%	24%	28%
Not sure	5%	4%	7%	3%	3%	2%	5%	4%	2%	5%	3%	6%	4%
Totals	101%	100%	100%	100%	99%	100%	100%	99%	100%	100%	100%	100%	100%
Unweighted N	(975)	(340)	(380)	(255)	(357)	(317)	(433)	(255)	(185)	(164)	(219)	(366)	(226)

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1C. People Pleasing Traits — People Pleasing Traits – Apologize or accept fault when you aren't to blame

How often do you. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	14%	12%	16%	21%	21%	11%	6%	14%	8%	22%	11%
Somewhat often	22%	19%	25%	29%	28%	19%	13%	23%	24%	19%	19%
Not very often	31%	33%	29%	28%	27%	36%	31%	31%	32%	30%	29%
Not at all often	28%	30%	26%	13%	17%	33%	47%	30%	30%	14%	32%
Not sure	4%	5%	4%	9%	6%	1%	3%	2%	6%	15%	9%
Totals	99%	99%	100%	100%	99%	100%	100%	100%	100%	100%	100%
Unweighted N	(971)	(443)	(528)	(183)	(219)	(361)	(208)	(712)	(117)	(79)	(63)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	14%	17%	14%	11%	14%	11%	16%	11%	15%	13%	10%	16%	17%
Somewhat often	22%	23%	23%	20%	22%	21%	23%	25%	18%	24%	20%	23%	21%
Not very often	31%	30%	27%	39%	31%	33%	32%	29%	36%	36%	33%	31%	26%
Not at all often	28%	25%	31%	27%	28%	34%	26%	30%	27%	25%	32%	25%	31%
Not sure	4%	4%	6%	3%	4%	2%	3%	5%	4%	3%	4%	5%	5%
Totals	99%	99%	101%	100%	99%	101%	100%	100%	100%	101%	99%	100%	100%
Unweighted N	(971)	(340)	(377)	(254)	(357)	(317)	(428)	(256)	(184)	(165)	(214)	(368)	(224)

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1D. People Pleasing Traits — People Pleasing Traits – Feel like you can't say "no" when someone asks for something

How often do you. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	17%	11%	22%	19%	22%	15%	12%	16%	14%	22%	21%
Somewhat often	36%	38%	33%	40%	34%	32%	37%	39%	32%	28%	19%
Not very often	28%	31%	26%	21%	26%	33%	29%	29%	27%	27%	23%
Not at all often	17%	18%	16%	14%	16%	18%	21%	15%	22%	16%	34%
Not sure	3%	2%	3%	6%	2%	2%	1%	1%	5%	8%	4%
Totals	101%	100%	100%	100%	100%	100%	100%	100%	100%	101%	101%
Unweighted N	(981)	(448)	(533)	(184)	(219)	(366)	(212)	(717)	(121)	(79)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	17%	16%	15%	19%	14%	17%	19%	14%	17%	15%	14%	20%	15%
Somewhat often	36%	40%	30%	37%	39%	35%	35%	38%	37%	40%	39%	32%	36%
Not very often	28%	29%	29%	25%	29%	30%	25%	31%	31%	27%	29%	28%	28%
Not at all often	17%	12%	21%	18%	14%	17%	19%	14%	14%	15%	16%	17%	19%
Not sure	3%	2%	4%	1%	3%	1%	2%	3%	1%	3%	2%	3%	2%
Totals	101%	99%	99%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(981)	(343)	(382)	(256)	(362)	(318)	(438)	(257)	(184)	(165)	(218)	(372)	(226)

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1E. People Pleasing Traits — People Pleasing Traits – Mirror the behavior of others in social situations to make them feel comfortable

How often do you. . . ?

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	7%	5%	9%	18%	8%	3%	2%	7%	6%	8%	10%
Somewhat often	26%	28%	25%	37%	34%	20%	17%	25%	28%	30%	30%
Not very often	31%	31%	31%	22%	32%	33%	35%	35%	23%	24%	21%
Not at all often	27%	27%	26%	11%	18%	35%	39%	26%	35%	20%	28%
Not sure	9%	9%	9%	12%	8%	10%	6%	7%	9%	18%	11%
Totals	100%	100%	100%	100%	100%	101%	99%	100%	101%	100%	100%
Unweighted N	(972)	(442)	(530)	(187)	(217)	(358)	(210)	(711)	(117)	(81)	(63)

		Party ID			2020 Vote		Family Income (3 category)			Census Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	7%	9%	8%	3%	8%	4%	7%	7%	8%	8%	7%	7%	8%
Somewhat often	26%	35%	19%	26%	30%	20%	23%	28%	34%	25%	21%	25%	33%
Not very often	31%	27%	33%	33%	30%	36%	33%	31%	32%	34%	34%	31%	27%
Not at all often	27%	21%	28%	32%	21%	34%	29%	27%	21%	27%	28%	28%	24%
Not sure	9%	8%	12%	6%	10%	6%	8%	8%	5%	7%	10%	10%	8%
Totals	100%	100%	100%	100%	99%	100%	100%	101%	100%	101%	100%	101%	100%
Unweighted N	(972)	(340)	(377)	(255)	(357)	(317)	(429)	(254)	(184)	(163)	(218)	(366)	(225)

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1F. People Pleasing Traits — People Pleasing Traits – Go to great lengths to avoid conflict
How often do you...?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	26%	22%	30%	27%	29%	25%	25%	26%	32%	26%	21%
Somewhat often	40%	41%	40%	37%	41%	42%	38%	43%	32%	33%	37%
Not very often	21%	24%	18%	19%	19%	23%	21%	21%	26%	11%	26%
Not at all often	9%	10%	9%	8%	7%	9%	14%	9%	8%	12%	10%
Not sure	4%	4%	4%	10%	4%	1%	2%	1%	2%	17%	5%
Totals	100%	101%	101%	101%	100%	100%	100%	100%	100%	99%	99%
Unweighted N	(981)	(451)	(530)	(183)	(221)	(367)	(210)	(717)	(120)	(79)	(65)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	26%	28%	26%	25%	29%	23%	31%	25%	19%	22%	25%	29%	26%
Somewhat often	40%	40%	34%	49%	38%	46%	40%	40%	41%	43%	43%	39%	37%
Not very often	21%	21%	23%	16%	22%	21%	18%	22%	25%	18%	21%	21%	22%
Not at all often	9%	9%	10%	9%	9%	9%	9%	8%	14%	14%	9%	7%	11%
Not sure	4%	2%	7%	1%	3%	1%	2%	5%	1%	4%	2%	4%	4%
Totals	100%	100%	100%	100%	101%	100%	100%	100%	100%	101%	100%	100%	100%
Unweighted N	(981)	(341)	(382)	(258)	(360)	(320)	(437)	(258)	(183)	(166)	(218)	(371)	(226)

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1G. People Pleasing Traits — People Pleasing Traits – Struggle to establish boundaries with others
How often do you. . . ?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	10%	7%	12%	18%	11%	7%	4%	9%	14%	9%	11%
Somewhat often	28%	24%	32%	29%	34%	24%	26%	29%	24%	28%	32%
Not very often	33%	39%	27%	30%	30%	36%	35%	36%	31%	27%	17%
Not at all often	24%	24%	23%	13%	20%	29%	30%	23%	23%	23%	34%
Not sure	5%	5%	6%	11%	4%	4%	4%	3%	8%	13%	7%
Totals	100%	99%	100%	101%	99%	100%	99%	100%	100%	100%	101%
Unweighted N	(977)	(445)	(532)	(184)	(218)	(364)	(211)	(715)	(119)	(79)	(64)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	10%	14%	8%	7%	13%	7%	10%	9%	8%	7%	10%	10%	10%
Somewhat often	28%	34%	25%	25%	30%	25%	33%	28%	20%	25%	28%	29%	29%
Not very often	33%	29%	33%	39%	30%	38%	29%	33%	44%	37%	32%	32%	33%
Not at all often	24%	19%	26%	26%	22%	28%	22%	24%	26%	22%	26%	23%	25%
Not sure	5%	4%	8%	2%	4%	2%	5%	5%	2%	9%	4%	5%	4%
Totals	100%	100%	100%	99%	99%	100%	99%	99%	100%	100%	100%	99%	101%
Unweighted N	(977)	(339)	(383)	(255)	(359)	(317)	(437)	(255)	(184)	(163)	(221)	(368)	(225)

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1H. People Pleasing Traits — People Pleasing Traits – Have a hard time recognizing how you really feel about something
How often do you…?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	8%	7%	9%	15%	12%	5%	2%	7%	9%	11%	10%
Somewhat often	21%	21%	22%	38%	25%	16%	10%	21%	26%	21%	24%
Not very often	33%	34%	32%	26%	33%	37%	35%	35%	33%	29%	32%
Not at all often	33%	33%	32%	12%	24%	39%	53%	36%	29%	22%	29%
Not sure	4%	5%	4%	9%	6%	2%	1%	2%	3%	18%	5%
Totals	99%	100%	99%	100%	100%	99%	101%	101%	100%	101%	100%
Unweighted N	(977)	(446)	(531)	(187)	(218)	(361)	(211)	(713)	(119)	(80)	(65)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	8%	12%	7%	6%	7%	6%	9%	6%	10%	10%	5%	9%	9%
Somewhat often	21%	23%	20%	21%	21%	18%	23%	19%	21%	24%	21%	22%	19%
Not very often	33%	33%	34%	33%	37%	34%	34%	38%	32%	34%	32%	32%	36%
Not at all often	33%	28%	33%	38%	31%	41%	31%	33%	37%	29%	39%	32%	31%
Not sure	4%	3%	6%	2%	4%	1%	3%	5%	1%	3%	3%	5%	5%
Totals	99%	99%	100%	100%	100%	100%	100%	101%	101%	100%	100%	100%	100%
Unweighted N	(977)	(338)	(381)	(258)	(356)	(318)	(431)	(258)	(182)	(164)	(217)	(368)	(228)

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1I. People Pleasing Traits — People Pleasing Traits – Put other people's needs first, at the expense of your own
How often do you...?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very often	25%	16%	33%	23%	29%	24%	22%	27%	22%	22%	19%
Somewhat often	39%	44%	35%	35%	35%	44%	42%	44%	32%	26%	38%
Not very often	25%	27%	22%	24%	22%	25%	28%	22%	32%	30%	23%
Not at all often	7%	8%	7%	10%	9%	6%	5%	6%	10%	12%	11%
Not sure	4%	4%	4%	9%	4%	1%	2%	2%	4%	11%	8%
Totals	100%	99%	101%	101%	99%	100%	99%	101%	100%	101%	99%
Unweighted N	(981)	(449)	(532)	(185)	(221)	(365)	(210)	(717)	(120)	(79)	(65)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very often	25%	24%	25%	27%	21%	25%	29%	24%	22%	18%	25%	29%	24%
Somewhat often	39%	41%	36%	42%	44%	42%	34%	45%	43%	36%	42%	37%	44%
Not very often	25%	25%	25%	24%	26%	25%	26%	22%	24%	35%	22%	24%	20%
Not at all often	7%	7%	8%	6%	6%	6%	7%	7%	9%	7%	6%	7%	9%
Not sure	4%	3%	6%	2%	4%	3%	4%	2%	2%	4%	5%	3%	3%
Totals	100%	100%	100%	101%	101%	101%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(981)	(342)	(381)	(258)	(360)	(319)	(438)	(256)	(185)	(165)	(220)	(369)	(227)

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2. Self ID People-Pleaser
Would you describe yourself as a "people-pleaser"?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Definitely would	14%	9%	18%	15%	18%	11%	10%	14%	13%	16%	8%
Probably would	36%	33%	38%	33%	34%	36%	40%	36%	37%	35%	29%
Probably would not	30%	34%	27%	32%	25%	31%	33%	33%	24%	19%	35%
Definitely would not	15%	16%	13%	12%	14%	17%	15%	14%	19%	13%	19%
Not sure	6%	7%	5%	8%	8%	5%	2%	3%	6%	18%	10%
Totals	101%	99%	101%	100%	99%	100%	100%	100%	99%	101%	101%
Unweighted N	(995)	(456)	(539)	(186)	(222)	(373)	(214)	(726)	(123)	(79)	(67)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Definitely would	14%	16%	13%	12%	15%	11%	15%	16%	10%	9%	13%	15%	15%
Probably would	36%	42%	30%	37%	39%	34%	39%	35%	37%	34%	37%	39%	29%
Probably would not	30%	26%	31%	35%	27%	34%	26%	32%	33%	37%	29%	28%	30%
Definitely would not	15%	12%	18%	12%	13%	17%	15%	12%	15%	15%	13%	13%	20%
Not sure	6%	5%	8%	4%	6%	4%	5%	5%	5%	6%	9%	5%	6%
Totals	101%	101%	100%	100%	100%	100%	100%	100%	100%	101%	101%	100%	100%
Unweighted N	(995)	(348)	(387)	(260)	(366)	(321)	(447)	(258)	(185)	(168)	(223)	(375)	(229)

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3. Others ID People-Pleaser
Do you think other people in your life would describe you as a "people-pleaser"?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Definitely would	10%	8%	13%	10%	14%	10%	7%	10%	10%	12%	9%
Probably would	36%	34%	38%	32%	37%	37%	39%	37%	39%	37%	24%
Probably would not	24%	26%	22%	26%	22%	23%	25%	25%	23%	16%	25%
Definitely would not	16%	18%	14%	17%	15%	17%	14%	14%	17%	17%	23%
Not sure	14%	15%	13%	15%	12%	14%	15%	13%	11%	19%	19%
Totals	100%	101%	100%	100%	100%	101%	100%	99%	100%	101%	100%
Unweighted N	(995)	(456)	(539)	(186)	(224)	(371)	(214)	(728)	(122)	(78)	(67)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Definitely would	10%	13%	9%	9%	12%	8%	13%	8%	11%	6%	13%	11%	10%
Probably would	36%	39%	32%	40%	38%	36%	34%	43%	41%	33%	40%	37%	35%
Probably would not	24%	24%	22%	26%	24%	27%	24%	22%	26%	31%	20%	20%	28%
Definitely would not	16%	13%	20%	13%	12%	16%	16%	13%	13%	17%	14%	15%	18%
Not sure	14%	12%	17%	12%	14%	13%	13%	14%	8%	14%	14%	17%	9%
Totals	100%	101%	100%	100%	100%	100%	100%	100%	99%	101%	101%	100%	100%
Unweighted N	(995)	(347)	(387)	(261)	(365)	(321)	(445)	(259)	(185)	(168)	(222)	(377)	(228)

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4. Why Self People-Pleaser
Do you think you were socialized by others to be a people-pleaser, or does it just come naturally to you?
Asked of people who describe themselves as a people-pleaser

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Socialized	23%	22%	23%	32%	26%	18%	17%	21%	17%	38%	*
Comes naturally	60%	67%	55%	51%	58%	66%	62%	61%	72%	44%	*
Not sure	17%	11%	22%	17%	15%	17%	21%	18%	11%	18%	*
Totals	100%	100%	100%	100%	99%	101%	100%	100%	100%	100%	*
Unweighted N	(498)	(195)	(303)	(93)	(118)	(177)	(110)	(368)	(65)	(41)	(24)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Socialized	23%	24%	19%	24%	30%	19%	20%	25%	27%	32%	20%	21%	22%
Comes naturally	60%	58%	59%	65%	52%	66%	62%	58%	59%	47%	64%	61%	64%
Not sure	17%	17%	22%	11%	18%	15%	18%	16%	14%	21%	16%	19%	14%
Totals	100%	99%	100%	100%	100%	100%	100%	99%	100%	100%	100%	101%	100%
Unweighted N	(498)	(201)	(173)	(124)	(203)	(135)	(245)	(133)	(88)	(73)	(116)	(207)	(102)

5. Want to Stop Being People-Pleaser

Which of the following best describes how you feel about being considered a people-pleaser?

Asked of people who say others would describe them as a people-pleaser

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
I like being considered a "people-pleaser"	15%	22%	10%	16%	22%	11%	13%	16%	17%	15%	*
I don't mind being considered a "people-pleaser"	55%	57%	53%	43%	46%	61%	67%	55%	57%	45%	*
I dislike being considered a "people-pleaser"	19%	12%	25%	31%	24%	13%	12%	19%	11%	26%	*
Not sure	11%	9%	12%	10%	8%	15%	8%	10%	15%	14%	*
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	*
Unweighted N	(465)	(191)	(274)	(81)	(112)	(169)	(103)	(344)	(61)	(37)	(23)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
I like being considered a "people-pleaser"	15%	19%	12%	14%	15%	9%	17%	10%	18%	8%	12%	14%	26%
I don't mind being considered a "people-pleaser"	55%	55%	52%	59%	58%	62%	53%	61%	59%	61%	59%	57%	42%
I dislike being considered a "people-pleaser"	19%	19%	21%	17%	20%	17%	19%	15%	19%	24%	17%	19%	18%
Not sure	11%	7%	15%	11%	8%	13%	11%	14%	5%	7%	11%	10%	14%
Totals	100%	100%	100%	101%	101%	101%	100%	100%	101%	100%	99%	100%	100%
Unweighted N	(465)	(178)	(159)	(128)	(189)	(135)	(206)	(132)	(94)	(65)	(117)	(181)	(102)

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6. Good or Bad People-Pleaser
Do you think being a "people-pleaser" is a good thing, or a bad thing?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Always a good thing	4%	6%	3%	3%	8%	2%	4%	4%	7%	4%	3%
Usually a good thing	18%	20%	16%	13%	12%	21%	25%	21%	15%	10%	14%
Neither good nor bad	40%	41%	40%	38%	38%	41%	44%	40%	41%	38%	51%
Usually a bad thing	24%	19%	29%	29%	25%	25%	18%	25%	21%	26%	18%
Always a bad thing	4%	5%	4%	6%	7%	3%	2%	4%	6%	4%	6%
Not sure	8%	9%	8%	12%	8%	7%	7%	6%	9%	19%	9%
Totals	98%	100%	100%	101%	98%	99%	100%	100%	99%	101%	101%
Unweighted N	(997)	(457)	(540)	(187)	(223)	(373)	(214)	(728)	(123)	(79)	(67)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Always a good thing	4%	6%	3%	4%	4%	3%	5%	3%	6%	1%	4%	6%	4%
Usually a good thing	18%	22%	15%	17%	21%	17%	18%	23%	19%	16%	20%	18%	19%
Neither good nor bad	40%	38%	44%	39%	41%	42%	40%	39%	43%	42%	39%	39%	42%
Usually a bad thing	24%	24%	22%	29%	23%	28%	25%	23%	23%	26%	25%	24%	23%
Always a bad thing	4%	5%	4%	5%	4%	4%	4%	5%	4%	4%	5%	3%	6%
Not sure	8%	6%	12%	6%	7%	6%	8%	8%	4%	10%	7%	11%	5%
Totals	98%	101%	100%	100%	100%	100%	100%	101%	99%	99%	100%	101%	99%
Unweighted N	(997)	(347)	(389)	(261)	(365)	(322)	(447)	(259)	(185)	(168)	(223)	(378)	(228)

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7. Impact of Being a People-Pleaser
Do you think that being a "people-pleaser" has made your own life easier or harder?
Asked of people who describe themselves as a people-pleaser

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Easier	23%	35%	14%	21%	27%	19%	24%	23%	29%	14%	*
Harder	39%	26%	47%	42%	43%	42%	26%	39%	30%	49%	*
No effect	24%	28%	21%	23%	16%	22%	35%	23%	32%	15%	*
Not sure	15%	12%	18%	15%	14%	16%	15%	15%	9%	22%	*
Totals	101%	101%	100%	101%	100%	99%	100%	100%	100%	100%	*
Unweighted N	(498)	(193)	(305)	(91)	(119)	(178)	(110)	(368)	(65)	(41)	(24)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Easier	23%	25%	17%	26%	26%	21%	24%	20%	23%	19%	19%	21%	33%
Harder	39%	38%	39%	39%	41%	42%	35%	40%	48%	48%	37%	36%	41%
No effect	24%	23%	26%	21%	21%	24%	24%	29%	16%	17%	29%	26%	17%
Not sure	15%	14%	17%	14%	12%	14%	17%	10%	13%	16%	16%	17%	9%
Totals	101%	100%	99%	100%	100%	101%	100%	99%	100%	100%	101%	100%	100%
Unweighted N	(498)	(199)	(174)	(125)	(203)	(136)	(247)	(132)	(87)	(71)	(117)	(208)	(102)

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Interviewing Dates	July 18 - 21, 2022
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2018 American Community Study. Voter registration was imputed from the November 2018 Current Population Survey Registration and Voting Supplement.
Weighting	The sample was weighted based on gender, age, race, education, news interest, and 2020 Presidential vote (or non-vote). The weights range from 0.418 to 3.221, with a mean of one and a standard deviation of 0.342.
Number of respondents	1000
Margin of error	$\pm$ 3.3% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	64 questions not reported.