

Daily Survey: People-Pleasing



Sample 1000 U.S. Adult Citizens
 Conducted July 18 - 21, 2022
 Margin of Error ±3.3%

1. How often do you...?

	Very often	Somewhat often	Not very often	Not at all often	Not sure
People Pleasing Traits – Say you agree with others, even when you don't actually agree	6%	23%	37%	31%	4%
People Pleasing Traits – Feel responsible for how other people feel	12%	29%	28%	27%	5%
People Pleasing Traits – Apologize or accept fault when you aren't to blame	14%	22%	31%	28%	4%
People Pleasing Traits – Feel like you can't say "no" when someone asks for something	17%	36%	28%	17%	3%
People Pleasing Traits – Mirror the behavior of others in social situations to make them feel comfortable	7%	26%	31%	27%	9%
People Pleasing Traits – Go to great lengths to avoid conflict	26%	40%	21%	9%	4%
People Pleasing Traits – Struggle to establish boundaries with others	10%	28%	33%	24%	5%
People Pleasing Traits – Have a hard time recognizing how you really feel about something	8%	21%	33%	33%	4%
People Pleasing Traits – Put other people's needs first, at the expense of your own	25%	39%	25%	7%	4%

2. Would you describe yourself as a "people-pleaser"?

Definitely would	14%
Probably would	36%
Probably would not	30%
Definitely would not	15%
Not sure	6%

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

Definitely would	10%
Probably would	36%
Probably would not	24%
Definitely would not	16%
Not sure	14%

4. 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

Socialized	23%
Comes naturally	60%
Not sure	17%

5. 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

I like being considered a “people-pleaser”	15%
I don’t mind being considered a “people-pleaser”	55%
I dislike being considered a “people-pleaser”	19%
Not sure	11%

6. Do you think being a “people-pleaser” is a good thing, or a bad thing?

Always a good thing	4%
Usually a good thing	18%
Neither good nor bad	40%
Usually a bad thing	24%
Always a bad thing	4%
Not sure	8%

7. 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

Easier	23%
Harder	39%
No effect	24%
Not sure	15%

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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	± 3.3% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	64 questions not reported.