

Porcelain Doll Quick Quiz

1) Do you habitually change the way you think, feel, talk, or act to get people to like you or approve of you, even if it means not being your true self?

2) Do you try to avoid people getting upset with you or feeling negatively toward you, even if it means not being honest?

3) Do you feel like your worth is dependent on what you do or what you can accomplish instead of on who you are?

4) Do you consistently change who you are to avoid rejection or disapproval?

5) Do you feel like you're acting a part in public, like you're pretending to be someone you are not?

6) Are you weighed down by anxiety, depression, loneliness, and/or feelings of inadequacy?

7) Do you feel like people take advantage of you?

8) Do you feel worn thin, run ragged, or overly stressed by your daily roles and expectations for yourself?