

Annie M. Henderson, Author and Advocate, Says Trying to Make Everyone Happy Creates Misery for People-Pleasers

Annie M. Henderson Reveals Why the Constant Need to Make Everyone Happy Can Turn Everyday Gatherings Into Sources of Anxiety and Guilt—and How to Break Free

LOS ANGELES, CA, UNITED STATES, August 13, 2026 /EINPresswire.com/ -- Large gatherings are supposed to be opportunities to connect, celebrate, and enjoy time with others. But for people who struggle with people-pleasing, being in a large crowd can create an entirely different experience. Author and advocate [Annie M. Henderson](#) says learning to recognize this pattern, establish healthy boundaries, and communicate openly can help people-pleasers reduce the anxiety that comes from constantly trying to meet everyone else's needs.

"People-pleasers have an innate urge to put the needs of everyone else above their own," says Henderson. "Walking into a large group setting can create anxiety because suddenly there are so many people and personalities to conform to and please. People-pleasers become overwhelmed trying to find ways to make everyone like them.

"Giving up people-pleasing isn't easy, but it is possible. The first step is becoming aware that you're doing it. You have to recognize the behavior and understand that you have boundaries and that you don't allow anyone to overstep those boundaries."

Henderson says setting boundaries is not selfish. In fact, breaking the cycle of people-pleasing can benefit everyone involved.

"When people fall in love with a people-pleaser, they can fall in love with the masks," says



Annie M. Henderson

Henderson. "They never get the opportunity to truly understand or know the person. They become accustomed to the benefits of being with someone who is always trying to make them happy."

Recent conversations about women entering their 40s have highlighted another side of people-pleasing. In a recent Women.com article, women on Reddit describe giving up people-pleasing as freeing and say they are becoming less concerned with constantly meeting other people's expectations.

However, breaking the people-pleasing pattern can come with challenges. Henderson says relationships may become strained when others can no longer benefit from the behavior, particularly when a person begins establishing boundaries.

"Feeling guilty doesn't necessarily mean you've done anything wrong," says Henderson. "It can simply mean that what you're doing is unfamiliar."

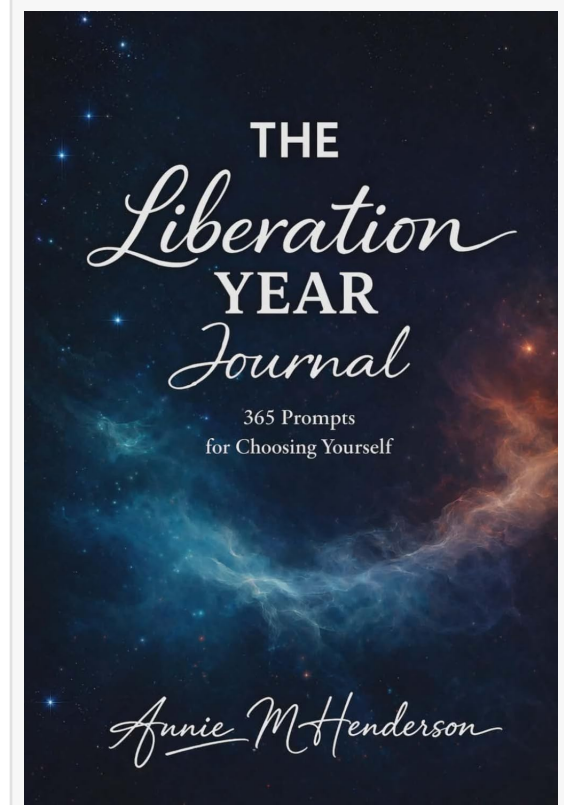
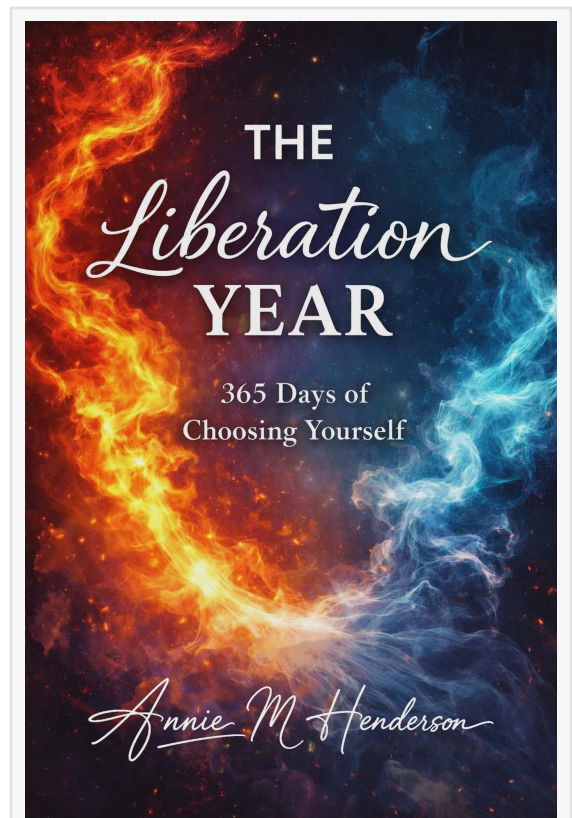
Henderson says guilt can also lead to another powerful emotion: fear.

"The fear of appearing selfish can be another form of people-pleasing because you're still worrying about how other people see you," says Henderson. "You're still trying to get people to think you're someone you're not."

For Henderson, boundaries are the most effective way to address people-pleasing. Establishing them is only the beginning, however. Boundaries can be tested, making it important to communicate clearly and remain consistent.

"Draw the line and keep it there," Henderson concludes. "And keep open communication. Telling people how you truly feel matters most. You don't have to make everyone happy to belong in the room."

Henderson explores these themes further in her book [The Liberation Year](#), which encourages readers to break free from limiting patterns and embrace greater authenticity, self-awareness,



and personal freedom. The accompanying [journal](#) helps readers reflect on their experiences, identify patterns, establish boundaries, and take intentional steps toward personal growth.

About Annie M. Henderson

Annie M. Henderson is a life coach, former counselor, and five-time author who helps women recognize people-pleasing patterns and build the boundaries to break free from them. Through her work, including her book *The Liberation Year*, she guides women toward self-trust and a more authentic life.

To learn more, visit: <https://anniemhenderson.com/>

Annie M. Henderson is available for interviews.

Amanda Kent
Boundless Media USA
+1 313-403-5636
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/933831251>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.