

OBLIGER

Meaning: Obliger: a person who feels compelled to meet the expectations and needs of others, often at the expense of their own priorities.

1. An obliger often finds it challenging to prioritize their own needs over those of others.
2. In a team setting, being an obliger can foster collaboration but may also lead to burnout.
3. She is such an obliger that she rarely says no, even when her plate is already full.
4. Obligers tend to thrive in environments where external accountability is present.
5. Recognizing that he is an obliger helped him set boundaries and prioritize self-care.

Source: sentences.whatistheurl.com

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