

Boundary Lines – Self Assessment

Circle the items that describe your behavior!

I have “collapsed” boundaries:

- * I can't say no for fear of abandonment or rejection.
- * I share too much personal information too soon.
- * I take on other people's feelings rather than just feeling empathy.
- * I have a high tolerance for abuse and for being treated with disrespect.
- * I believe “I must have deserved it” when treated badly.
- * I do anything to avoid conflict.
- * I have no ability to see flaws in others because I'm focused on being what I think other people want me to be.
- * I have no sense of self.

I have rigid boundaries:

- * I am apt to say no if a request is going to involve close interaction.
- * I have very strong defenses to protect myself from getting close to people: I may pick fights for instance or stay so busy I leave no time for one-on-one relationships.
- * I avoid closeness because I fear either abandonment or engulfment.
- * I make little or no self-disclosure, perhaps preferring to draw the other person out but not sharing information about myself.
- * I have an inability to identify my own wants, needs and feelings.
- * I have very few close relationships, though I may have many acquaintances.

I have healthy boundaries:

- * I am willing to say no, to let others know when they are stepping on my toes; I am also willing to say yes.
- * I have the ability to make requests and to seek alternatives when others must say no to me.
- * I have a strong sense of identity and self-respect.
- * I make appropriate self-disclosure; I reveal information about myself gradually and only as mutual sharing takes place and trust develops.
- * I expect shared responsibility for relationships.
- * I recognize when a problem is mine or another person's: when it is not my problem, I don't jump in to rescue the other person.
- * I do not tolerate disrespect or abuse.

Adapted from the Orlando Sentinel

C:/Documents/Private Practice/
Handouts/Boundaries Handout