

DO YOU HAVE HEALTHY BOUNDARIES?

The following assessment gives you a quick check on the extent of healthy boundaries in your life:

Boundaries assessment

Answer yes or no to each statement. Don't think too long; just answer from your gut.

- _____ 1. My closest relationships tend to be conflictual, drama laden, or controlling.
- _____ 2. I often struggle to make decisions.
- _____ 3. Sometimes I'm not sure what I really want.
- _____ 4. I often feel guilty, fearful, or worried that I am letting people down.
- _____ 5. Sometimes I feel like a doormat to the people in my life I'm closest to.
- _____ 6. I avoid being alone.
- _____ 7. I sometimes don't know how to share or be vulnerable—or with whom.
- _____ 8. I am secretly resentful toward some loved ones in my life who've taken advantage of my kindness.
- _____ 9. I've been accused of being passive-aggressive.
- _____ 10. I find it very difficult to say no to certain people in my life.
- _____ 11. I don't like to share my opinion when it differs from that of the people I respect.
- _____ 12. When I do finally share my thoughts, I have a hard time knowing if I'm sharing too much.
- _____ 13. Sometimes I'm tempted to get as much as I can from another person to keep them close.
- _____ 14. Sometimes I'm compelled to give more than I can to another person so I don't lose them.
- _____ 15. I would rather take care of others' needs than take care of myself.

Scoring this assessment:

Every one of these questions indicates a potential boundary issue. The more times you've answered yes, the more likely it is that you are having a hard time knowing and enforcing your boundaries. But even one yes is worth paying attention to. Think of the issue or relationship that comes to mind as you consider how to communicate and enforce boundaries.