

Determining Personal Boundaries

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Three Key Questions to Ask Yourself:

1. *Do you consider yourself to be a people pleaser?*
2. *Do you have trouble saying no to people?*
3. *Do you sometimes say yes to people, and then later resent having to do it?*

Signs of Unhealthy Personal Boundaries

Rate each of the following items on a scale of 1 (doesn't apply to me) - 10 (applies to me), and then check the box of your top 5 items:

- | | |
|---|--|
| <input type="checkbox"/> I let others direct my life. | <input type="checkbox"/> I feel responsible for other people's feelings. |
| <input type="checkbox"/> I let others define me. | <input type="checkbox"/> I easily tell all. |
| <input type="checkbox"/> I feel as if my happiness depends on other people. | <input type="checkbox"/> I talk at an intimate level in a first meeting. |
| <input type="checkbox"/> It's hard for me to look a person in the eye. | <input type="checkbox"/> I easily fall in love with a new acquaintance. |
| <input type="checkbox"/> I find myself getting involved with people who end up hurting me. | <input type="checkbox"/> I easily fall in love with someone who reaches out to me. |
| <input type="checkbox"/> I trust others without reason. | <input type="checkbox"/> I am easily overwhelmed by a person/ easily preoccupied. |
| <input type="checkbox"/> I would rather attend to others than attend to myself. | <input type="checkbox"/> I go against personal values or rights to please others. |
| <input type="checkbox"/> I think other's opinions are more important than mine. | <input type="checkbox"/> I accept food, gifts, touch, or sex that I don't want. |
| <input type="checkbox"/> People take or use my things without asking me. | <input type="checkbox"/> I don't notice when someone else displays inappropriate boundaries. |
| <input type="checkbox"/> I have difficulty asking for what I want or need. | <input type="checkbox"/> I don't notice when someone invades my boundaries. |
| <input type="checkbox"/> I lend people money and don't seem to get it back. | <input type="checkbox"/> I touch people without asking. |
| <input type="checkbox"/> I'd rather go along with others than to express what I'd prefer to do. | <input type="checkbox"/> I allow others to touch me without asking. |
| <input type="checkbox"/> I tend to stay in relationships that are hurting me. | <input type="checkbox"/> I take as much as I can get for the sake of getting. |
| <input type="checkbox"/> I feel empty, as if something is missing in my life. | <input type="checkbox"/> I give as much as I can give for the sake of giving. |
| <input type="checkbox"/> I tend to get caught "in the middle" of other people's problems. | <input type="checkbox"/> I allow others to take as much as they want from me. |
| <input type="checkbox"/> When someone I'm with acts up in public, I tend to feel embarrassed. | <input type="checkbox"/> I believe others can or should anticipate my needs. |
| <input type="checkbox"/> I prefer to rely on what others say about what I should believe or do. | <input type="checkbox"/> I expect others to fill my needs automatically. |
| <input type="checkbox"/> I tend to take on or feel what others are feeling. | <input type="checkbox"/> I fall apart so someone will take care of me. |
| <input type="checkbox"/> I seem to put more into relationships than I get out of them. | <input type="checkbox"/> I abuse food or other substances. |
| | <input type="checkbox"/> I can't make up my mind. |
| | <input type="checkbox"/> I have difficulty saying "no" to people. |