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:

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