



Red Willow
COUNSELING & RECOVERY

Find Your Boundary Styles

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Please rate each of the statements from 0 to 4 (0 indicates "not at all true of me"; 4 indicates "very true of me").

1. My feelings blend into one another.
2. I am very close to my childhood feelings.
3. I am easily hurt.
4. I spend a lot of time daydreaming, fantasizing or in reverie.
5. I dislike stories that have a definite beginning, middle and end.
6. An organization where all the lines of responsibility are precise and clearly established is not one I would value.
7. "There is a place for everything, and everything should be in its place" is not an aphorism I believe in.
8. Sometimes it's scary when one gets too involved with another person.
9. A good parent has to be a bit of a child, too.
10. I can easily imagine myself as an animal or what it might be like to be an animal.
11. When something happens to a friend of mine or to a lover, it is almost as if it happened to me.
12. When I work on a project, I don't like to tie myself down to a definite outline. I rather like to let my mind wander.
13. In my dreams, people merge into each other or become other people.
14. I believe I am influenced by forces that no one can understand.
15. There are no sharp dividing lines between normal people, people with problems and people who are considered psychotic or crazy.
16. I am far from a down-to-earth, no nonsense kind of person.
17. I think I would enjoy being some kind of creative artist.
18. I have had the experience of someone calling me or speaking my name and not being sure whether it was really happening or whether I was imagining it.

Obtaining Your Score

To obtain your score, simply add up the scores (0-4) for all questions - except that the scores for questions 5, 6, 7, and 16 are scored 'backwards' (i.e., for these questions an answer of "0" is scored as 4, "1" is scored as 3, "2" is scored as 2, "3" is scored as 1, and "4" is scored as 0).

Scores below 30 are considered definitely "thick" and scores above 42 are considered definitely "thin". See where you are on the spectrum below:



Thick and Thin Boundaries

Evidence shows that **thin boundary** people are highly sensitive in a variety of ways and from an early age:

- They react more strongly than do other individuals to sensory stimuli and can become agitated due to bright lights, loud sounds, particular aromas, tastes or textures.
- They respond more strongly to physical and emotional pain in themselves as well as in others.
- They can become stressed or fatigued due to an overload of sensory or emotional input.
- They're more allergic and their immune systems are seemingly more reactive.
- And they were more deeply affected – or recall being more deeply affected – by events during childhood.

In a nutshell, highly thin boundary people are like walking antennae, whose entire bodies and brains seem primed to notice what's going on in their environment and internalize it. The chronic illnesses they develop will reflect this "hyper" style of feeling.

Thick boundary people, on the other hand, are fairly described as stolid, rigid, implacable or thick skinned:

- They tend to brush aside emotional upset in favor of simply "handling" the situation and maintaining a calm demeanor.
- In practice, they suppress or deny strong feelings. They may experience an ongoing sense of ennui, of emptiness and detachment.
- Experiments show, however, that thick boundary people *don't actually feel their feelings any less*. Bodily indicators (e.g., heart rate, blood pressure, blood flow, hand temperature, muscle tension) betray their considerable agitation despite surface claims of being unruffled.

In sum, highly thick boundary people don't take in nearly as much in their environment and they are much slower to recognize what they're feeling. However, they are affected just as much as thin boundary people by what's happening within.

Source: https://drmicozzi.com/books/your_emotional_type/find-your-boundary-type