



# Red Willow

COUNSELING & RECOVERY

## Survey on Personal Boundaries

This questionnaire is designed to gather information to determine where your Personal Boundary Issues are. Please answer all questions; your honesty in answering these questions will assist you in learning new, more effective boundaries where necessary.

		Never (1)	Seldom (2)	Occasionally (3)	Often (4)	Usually (5)
1.	I can't make up my mind.					
2.	I have difficulty saying "no" to people.					
3.	I feel as if my happiness depends on other people.					
4.	It's hard for me to look a person in the eyes.					
5.	I find myself getting involved with people who end up hurting me.					
6.	I trust others.					
7.	I would rather attend to others than attend to myself.					
8.	Other's opinions are more important than mine.					
9.	People take or use my things without asking me.					
10.	I have difficulty asking for what I want or what I need.					
11.	I lend people money and don't seem to get it back on time.					
12.	Some people I lend money to don't ever pay me back.					
13.	I feel ashamed.					
14.	I would rather go along with another person or other people than express what I'd really like to do.					
15.	I feel bad for being so "different" from other people.					
16.	I feel anxious, scared or afraid.					
17.	I spend my time and energy					

	helping others so much that I neglect my own wants and needs.					
18.	It's hard for me to know what I believe and what I think.					
19.	I feel as if my happiness depends on circumstances outside of me.					
20.	I feel good.					
21.	I have a hard time knowing what I really feel.					
22.	I find myself getting involved with people who end up being bad for me.					
23.	It's hard for me to make decisions.					
24.	I get angry.					
25.	I don't get to spend much time alone.					
26.	I tend to take on the moods of people close to me.					
27.	I have a hard time keeping a confidence or secret.					
28.	I am overly sensitive to criticism.					
29.	I feel hurt.					
30.	I tend to stay in relationships that are hurting me.					
31.	I feel emptiness, as if something is missing in my life.					
32.	I tend to get caught up "in the middle" of other people's problems.					
33.	When someone I'm with acts up in public, I tend to feel embarrassed.					
34.	I feel sad.					
35.	It's not easy for me to really know in my heart about my relationship with a Higher Power or God.					
36.	I prefer to rely on what others say about what I should believe and do about religious or spiritual matters.					
37.	I tend to take on or feel what others are feeling.					
38.	I put more into relationships that I get out of them.					

39.	I feel responsible for other people's feelings.					
40.	My friends or acquaintances have a hard time keeping secrets or confidences which I tell them.					