



Understanding Personal Boundaries

Circle or check the word that most applies to how you truly feel.

1. I can't make up my mind.

Never Seldom Occasionally Often Usually

2. I have difficulty saying 'no' to people.

Never Seldom Occasionally Often Usually

3. I feel as if my happiness depends on other people.

Never Seldom Occasionally Often Usually

4. It's hard for me to look a person in the eyes.

Never Seldom Occasionally Often Usually

5. I find myself getting involved with people who end up hurting me.

Never Seldom Occasionally Often Usually

6. I have difficulty trusting others.

Never Seldom Occasionally Often Usually

7. I would rather attend to others than attend to myself.

Never Seldom Occasionally Often Usually

8. Others' opinions are more important than mine.

Never Seldom Occasionally Often Usually

9. People take or use my things without asking me.

Never Seldom Occasionally Often Usually

10. I have difficulty asking for what I want or what I need.

Never Seldom Occasionally Often Usually

11. I lend people money and don't seem to get it back on time.

Never Seldom Occasionally Often Usually

12. Some people I lend money to don't ever pay me back.

Never Seldom Occasionally Often Usually

13. I feel ashamed.

Never Seldom Occasionally Often Usually

14. I would rather go along with others than express what I'd really like to do.
 Never Seldom Occasionally Often Usually
15. I feel bad for being so 'different' from other people.
 Never Seldom Occasionally Often Usually
16. I feel anxious, scared, or afraid.
 Never Seldom Occasionally Often Usually
17. I spend my time/energy helping others so much that I neglect my own wants and needs.
 Never Seldom Occasionally Often Usually
18. It's hard for me to know what I believe and what I think.
 Never Seldom Occasionally Often Usually
19. I feel as if my happiness depends on circumstances outside of me.
 Never Seldom Occasionally Often Usually
20. It's difficult to feel good.
 Never Seldom Occasionally Often Usually
21. I have a hard time knowing what I really feel.
 Never Seldom Occasionally Often Usually
22. I find myself getting involved with people who end up being bad for me.
 Never Seldom Occasionally Often Usually
23. It's hard for me to make decisions.
 Never Seldom Occasionally Often Usually
24. I get angry.
 Never Seldom Occasionally Often Usually
25. I don't get to spend much time alone.
 Never Seldom Occasionally Often Usually
26. I tend to take on the moods of people close to me.
 Never Seldom Occasionally Often Usually
27. I have a hard time keeping a confidence or secret.
 Never Seldom Occasionally Often Usually
28. I am overly sensitive to criticism.
 Never Seldom Occasionally Often Usually
29. I feel hurt.
 Never Seldom Occasionally Often Usually

30. I tend to stay in relationships that are hurting me.	Never	Seldom	Occasionally	Often	Usually
31. I feel an emptiness, as if something is missing in my life.	Never	Seldom	Occasionally	Often	Usually
32. I tend to get caught up 'in the middle' of other people's problems.	Never	Seldom	Occasionally	Often	Usually
33. When someone I'm with acts up in public, I tend to feel embarrassed.	Never	Seldom	Occasionally	Often	Usually
34. I feel sad.	Never	Seldom	Occasionally	Often	Usually
35. It's not easy for me to really know in my heart about my relationship with a Higher Power or God.	Never	Seldom	Occasionally	Often	Usually
36. I prefer to rely on what others say about what I should believe and do about religious or spiritual matters.	Never	Seldom	Occasionally	Often	Usually
37. I tend to take on or feel what others are feeling.	Never	Seldom	Occasionally	Often	Usually
38. I put more into relationships than I get out of them.	Never	Seldom	Occasionally	Often	Usually
39. I feel responsible for other people's feelings.	Never	Seldom	Occasionally	Often	Usually
40. My friends or acquaintances have a hard time keeping secrets or confidences which I tell them.	Never	Seldom	Occasionally	Often	Usually

Assessing and Scoring

Mostly 'Usually' or 'Often'

- May indicate boundary problems, distortions or issues
- May indicate confusion over boundaries and limits
- Tend to have 'blurred' or 'fused' boundaries

Mostly 'Never'

- May not be aware of boundaries
- Mostly 'Seldom' or 'Occasionally'
- Healthy boundaries

Source: Boundaries and Relationships. C.L. Whitfield. (1993)