

Personal Boundaries Quiz (Stephanie Konter)

To start this quiz first close your eyes and picture who are the 3 closest people to you. Then develop a word that describes how you *feel* about the relationship.

Then, read each statement below and check the one's that fit for these 3 close relationships that you identified. Be sure to answer with your initial gut response.

Finally tally the number of checks you made under each category to determine where you currently are with personal boundaries.

Weak boundaries or no boundaries:

- I put the needs and wants of others before my own.
- I agree with others to avoid conflict.
- I find myself unable to say "no" to things.
- I'm afraid to say "no" out of fear or guilt.
- I allow others to speak for me
- I find myself accepting poor treatment from others.
- I find myself doing more than my share of participating in the relationship.
- I try to "fix" other people and their problems.
- I attempt to control other people.
- I don't trust myself or others.

Total Number Checked

Healthy Boundaries:

- I'm able to set personal boundaries that protect my body, my energy, my time, and my other resources, without feeling guilty, fearful, or stressed.
- I can comfortably express my true feelings regardless if they are seen as negative or positive.
- I'm comfortable with other people expressing their emotions.
- I'm able to respect others for who they are and do not attempt to change or "fix" them.
- I understand that conflict is a natural part of intimate relationships and even though it may not be enjoyable.
- I'm willing to end a relationship rather than continue to allow the other person to hurt me.
- I respect other people's feelings, needs, and preferences, and don't take them on as my own.
- I'm able to make my own decisions and look out for my interests while taking others perspectives into account.
- I'm not afraid to disappoint or anger others by stating my opinion.
- I take responsibility for my own feelings while others can take responsibility for their own feelings.

Total Number Checked

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Boundary Exploration

Think about a person, or a group of people, with whom you struggle to set healthy boundaries. This could mean that your boundaries are too rigid (you keep this person at a distance), too porous (you open up too much), or there's some other problem that isn't so easily labeled.

Who do you struggle to set healthy boundaries with? (e.g. "my husband" or "coworkers")

In your relationship with the person you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

Boundary Category	Porous	Rigid	Healthy	Other
Physical Boundaries				
Intellectual Boundaries				
Emotional Boundaries				
Sexual Boundaries				
Material Boundaries				
Time Boundaries				

Take a moment to imagine what it will be like when you begin to establish healthy boundaries with this person. If your boundaries are too rigid, that might mean opening up. If they're porous, it might mean setting limits and saying "no" when you don't want to do something.

What are some specific actions you can take to improve your boundaries?

How do you think the other person will respond to these changes?

How do you think your life will be different once you've established healthy boundaries?

Rational Boundary-Building Thinking

These are just a few examples of unhealthy thoughts or beliefs which allow boundaries to be ignored or violated. Following each unhealthy belief is a healthy, rational, realistic, reality-based affirmation for healthy boundary building.

Unhealthy Belief	Healthy Boundary Builder
I can never say "no" to others.	I have a right to say "no" to others if it is an invasion of my space or a violation of my rights.
It is my duty to hold them together.	I have a right to take care of myself. If they want to stay together as a family or group, it is up to each individual to make such a decision. We all share responsibility to create the interdependency needed to keep us a united group.
I can never trust anyone again.	I have a right to take the risk to grow in my relationships with others. If I find my rights are being violated or ignored, I can assertively protect myself to ensure I am not hurt.
I would feel guilty if I did something on my own and left my family or group out of it.	I have the right and need to do things which are uniquely mine so that I do not become so overly enmeshed with others that I lose my identity.
I should do everything I can to spend as much time together with you or else we won't be a healthy family or group.	I have a right and a need to explore my own interests, hobbies and outlets so that I can bring back to this family or group my unique personality to enrich our lives rather than be lost in a closed and over enmeshed system.
It doesn't matter what they are doing to me. As long as I keep quiet and don't complain, they will eventually leave me alone.	I will stand up for myself and assert my rights to be respected and not hurt or violated. If they choose to ignore me, then I have the right to leave them or ask them to get out of my life.
As long as I am not seen or heard, I won't be violated or hurt.	I have a right to be visible and to be seen and heard. I will stand up for myself so that others can learn to respect my rights, my needs and not violate my space.
I'd rather not pay attention to what is happening to me in this relationship which is overly intrusive, smothering and violating my privacy. In this way I don't have to feel the pain and hurt that comes from such a violation.	I choose no longer to disassociate from my feelings when I am being treated in a negatively painful way so that I can be aware of what is happening to me and assertively protect myself from further violation or hurt.
I've been hurt badly in the past and I will never let anyone in close enough to hurt me again.	I do not need to be cold and distant or aloof and shy as protective tools to avoid being hurt. I choose to open myself up to others trusting that I will be assertive to protect my rights and privacy from being violated.
I can never tell where to draw the line with others.	There is a line I have drawn over which I do not allow others to cross. This line ensures me my uniqueness, autonomy and privacy. I am able to be me the way I really am rather than the way people want me to be by drawing this line. By this line I let others know: this is who I am and where I begin and you end; this is who you are and where you begin and I end; we will never cross over this line so that we can maintain a healthy relationship with one another.