

SURVEY ON PERSONAL BOUNDARIES

Consider a present relationship, or a time in the past when you were in a relationship with someone. In your day - to - day life, in that relationship plus the other people you interacted with on a regular basis:

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

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|-----|--|-------|--------|--------------|--------------|---------|
| 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 like 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 trust 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 our use my things without asking me.
Usually | | Never | Seldom | Occasionally | Often |
| 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 who I lend money 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 another person or other people 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 fear, anxious, scared, or afraid. | Never | Seldom | Occasionally | Often | Usually |
| 17. | I spend my time and 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 like my happiness depends on circumstances outside of me. | | | | | |
| | | Never | Seldom | Occasionally | Often | Usually |
| 20. | I 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. Usually		Never	Seldom	Occasionally	Often
27.	I have a hard time keeping a confidence or secret. Usually		Never	Seldom	Occasionally	Often
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, like something is missing in my life.	Never	Seldom	Occasionally	Often	Usually
32.	I tend to get caught up "in the middle" of others people's problems.		Never	Seldom	Occasionally	Often
33.	When someone I'm with acts up in public, I tend to feel embarrassed.		Never	Seldom	Occasionally	Often
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
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
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. Usually		Never	Seldom	Occasionally	Often
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