

Boundaries Assessment

Boundaries are literally the rules of engagement that we set for ourselves. It tells others what the parameters are for entering into a relationship with us. Whether personally or professionally, boundaries are the essential component to healthy relationships.

In this assessment, think about how you agree with the following statements. There are no right or wrong answers on this assessment. This is simply a method to create self-awareness.

1	This isn't me at all	I never feel like this
2	This is somewhat like me	I sometimes feel like this
3	I identify with this often	I often feel like this
★	This is exactly like me	I always feel like this

1 2 3 ★ Behavioral Signs

My relationships tend to be difficult or dramatic

I find decision making hard

I hate to let other people down

I'm often tired for no apparent reason

I have difficulty saying no

I often feel guilt and anxiety

I over-share and I don't know why

I'm constantly the victim in the situation

I find myself very often annoyed in a situation

I secretly believe that others don't respect me

I tend to be passive aggressive

I sometimes wonder who I really am

Secretly I'm afraid of being rejected or abandoned

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1 2 3 ★ Emotional Signs

I often worry about what other people think

I often feel resentment

I feel like my relationships are one-sided

I feel angry often

I feel used by people

I feel like noone hears me

I feel disrespected

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Critical Questions

Do I feel guilty for wanting to do things by myself?

When did I last say no to someone?

When did I last say yes to something I secretly didn't want to do?

Do I feel like I deserve respect or I have to earn it by being 'nice'?

What are the five rules for being my friend?

Do I know them quickly and easily?

What are the 10 things I most like to do with my time?

How quickly did I come up with them?

What are the 10 things I hate doing?

Do I have strong feelings about things?

When I think about saying no to someone, do I feel afraid?