



YOUR AUTHENTIC *Personality* BOUNDARIES QUIZ

INSTRUCTIONS

- How strong are your boundaries?
- There are no right or wrong answers, just answer however seems appropriate for you right now - and see what you learn about yourself!
- Score 2 points for each Yes, 1 point for each Sometimes and 0 points for No's.

	Yes	Sometimes	No
1. I am unclear about my preferences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I let the moods of others determine my mood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel guilty when I spend money on myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I say yes because I don't know how to say no.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I often feel resentful and confused as to what to do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Whatever I do, I commit myself fully and indefinitely to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am always the "rock" that others can depend on.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I can't complain or express criticism to certain people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I share at an intimate level in the early stages of a friendship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I expect others to anticipate my needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I live hopefully in relationships while wishing and waiting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I ignore my intuition and desires if they are not polite	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I feel taken advantage of by others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I do most of the work in my relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I make myself available to when I don't have time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I feel sorry for people all the time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I feel guilty when I say no.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I feel helpless and powerless with certain people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I often feel like I have no choice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I get really mad when other people are irresponsible.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I make excuses for people in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL NUMBER of Yes's, Sometimes, and No's.	_____	_____	_____

The maximum possible total is 42. Write your score here _____.

- 40-42:** You have firm and distinct boundaries in place. Teach others what you know.
- 30-39:** Your boundaries are secure. Keep doing what you're doing.
- 20-29:** Your boundaries are porous. They need further definition.
- 10-19:** Your limits need attention and definition right away.
- 0-9:** You have little to no definition. Change is needed immediately.

What is ONE thing you can say NO to today? _____