

Boundary Setting Inventory

Think about your relationships with family, friends and co-workers. Circle "YES" or "NO" for each of the following questions as they apply generally to those relationships. Please answer honestly and with some thought. Your relationships can improve if you will look honestly at how well you set boundaries in your life.

<p>1. Do you find it difficult to say no to people, even when you want to? YES NO</p> <p>2. Do you tend to have relationships with people who hurt you? YES NO</p> <p>3. Do you feel that your success depends on others? YES NO</p> <p>4. Do you find yourself attempting to find ways to fix the situation when someone is upset? YES NO</p> <p>5. Do you lie for others to cover for their mistakes or irresponsibility? YES NO</p> <p>6. Do you tend to look at others' potential and overlook their consistently irresponsible behavior? YES NO</p> <p>7. Do you try to fix other people? YES NO</p> <p>8. Do you take care of the hurts of others while neglecting your own? YES NO</p> <p>9. Do you find yourself taking responsibility for others' lives? YES NO</p> <p>10. Do you find that you are manipulated or controlled by others? YES NO</p>	<p>11. Do you have problems being honest with those you are close to? YES NO</p> <p>12. Do you find it hard to confront others? YES NO</p> <p>13. Do you find that your conflicts are not usually resolved productively? YES NO</p> <p>14. Do you have trouble asking for what you want or need? YES NO</p> <p>15. Do you tend to lend money and not get it back? YES NO</p> <p>16. Do you trust people only to have them take advantage of you? YES NO</p> <p>17. Do you tend to be in the middle of problems between other people? YES NO</p> <p>18. Do you generally put more into relationships than you get out of them? YES NO</p> <p>19. Do you have trouble following through with your commitments? YES NO</p> <p>20. Do you have trouble saying "no" to the bad habits in your own life? YES NO</p>
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Most people have some boundaries problems in their life. No "YES" answers may mean overly rigid or strict boundaries in your life. Several "YES" (more than six or eight) answers indicate a problem setting boundaries. Many "YES" answers indicate that you have not grown up with an awareness of boundaries. This is not a test; it is an inventory you can use to help you understand the health of your relationships. It is never too late to begin setting boundaries in your life. It may not always be easy, but the effort is worthwhile as you experience healthy, productive relationships.