

Boundaries Test

By Bill Gaultiere

This Boundaries Survey can help you to assess if you need to strengthen your relational boundaries. Answer each question below with "yes" (mostly true for you) or "no" (mostly *not* true for you).

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| 1. Do you tolerate mistreatment from people in hopes of being loved? | Y | N |
| 2. Do you depend on people who are emotionally unavailable to care for you? | Y | N |
| 3. Do you feel compelled to help people feel better or to solve their problems? | Y | N |
| 4. Do you rescue others from the consequences of their irresponsible behavior? | Y | N |
| 5. Do you feel empty, bored, or unimportant if you're not helping someone or responding to a crisis? | Y | N |
| 6. Is it hard for you to say "no" when someone asks you for help? | Y | N |
| 7. Is it hard for you to ask for help? | Y | N |
| 8. In close relationships do you lose interest in your own hopes and desires? | Y | N |
| 9. Are you quick to get angry about injustices done to others? | Y | N |
| 10. Do you often talk about other people and their problems? | Y | N |
| 11. Do you worry about how other people are feeling? | Y | N |
| 12. Do you worry about other people's opinions of you? | Y | N |
| 13. Do you keep quiet to avoid conflicts with people? | Y | N |
| 14. Is it hard for you to disagree with a boss or someone else in authority? | Y | N |

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| 15. Do you hide things or tell "white lies" to avoid upsetting people? | Y | N |
| 16. Do you feel more comfortable giving to others rather than receiving from them? | Y | N |
| 17. Is it difficult for you to receive attention, compliments, or gifts from others? | Y | N |

Scoring Your Test

If you have five or more yes answers, or if you answered yes to any question that is painful or problematic for you, then you probably need help developing your personal boundaries and "sense of self."

This Boundaries Test is from, *Your Best Life in Jesus' Easy Yoke* by Bill Gaultiere.