

WHAT IS YOUR BOUNDARY STYLE?

HOW DO I TYPICALLY HANDLE MY FEELINGS?

- A. I OFTEN LIE ABOUT MY FEELINGS TO AVOID CONFLICT.
- B. I TAKE RESPONSIBILITY FOR MY OWN FEELINGS AND ACTIONS.
- C. I HAVE A TOUGH TIME ACKNOWLEDGING MY FEELINGS

WHEN I AM ASKED FOR MY OPINION I:

- A. I STRUGGLE TO TRUST MYSELF AND/OR MY OPINIONS..
- B. I WILL SHARE MY OPINION, EVEN IF IT DISAPPOINTS OTHERS.
- C. I FEEL FRUSTRATED WHEN PEOPLE DON'T HAVE THE SAME PERSPECTIVE AS ME.

I FEEL GUILTY WHEN I SAY NO TO A REQUEST FOR MY TIME:

- A. YES, ALWAYS. I END UP SAYING YES TO AVOID FEELING GUILTY.
- B. SOMETIMES, BUT I CAN PROTECT MY SENSE OF PEACE IF NEEDED.
- C. NOT REALLY. I TRY TO AVOID BEING PUT IN THIS POSITION.

IF A FRIEND OR LOVED ONE HAS HURT MY FEELINGS, I:

- A. I PUT THE OTHERS' FEELINGS BEFORE MY OWN IN ALMOST EVERY SITUATION.
- B. I EXPRESS MY FEELINGS WHEN SOMEONE UPSETS ME AND AM OPEN TO TALKING.
- C. I WILL AVOID SHARING MY FEELINGS AND LIKELY DISTANCE MYSELF.

MOSTLY A: WEAK BOUNDARY

YOU MAY FEEL...

- OVERWHELMED BY THE EXPECTATIONS OF OTHERS AND BURNT OUT
- FEARFUL OF REJECTION

MOSTLY B: HEALTHY BOUNDARY

YOU MAY FEEL...

- CONFIDENT IN YOUR OWN OPINIONS, BELIEFS AND PRIORITIES
- ACCEPTING OF OTHERS' PERSPECTIVES THAT DIFFER FROM YOURS

MOSTLY C: RIGID BOUNDARY

YOU MAY FEEL...

- EXCEPTIONALLY IRRITATED WHEN YOU DISAGREE WITH A FRIEND
- EMOTIONALLY DISCONNECTED OR DISTANT FROM OTHERS