

How are my boundaries?

- | | |
|--|--|
| <ul style="list-style-type: none"><input type="checkbox"/> I do too much<input type="checkbox"/> I get overly involved in other people's lives<input type="checkbox"/> I have too many intimate relationships<input type="checkbox"/> I let people get close to me really quickly<input type="checkbox"/> People love confiding in me<input type="checkbox"/> I do things out of obligation<input type="checkbox"/> Many people rely on me<input type="checkbox"/> I neglect my needs (including food, rest, etc.)<input type="checkbox"/> I give constantly<input type="checkbox"/> I am focused on helping others<input type="checkbox"/> I feel anxious or panicked when other people are not OK<input type="checkbox"/> I was taught to put others before myself<input type="checkbox"/> I feel responsible for other people's emotions<input type="checkbox"/> I feel so drained by all my responsibilities<input type="checkbox"/> I always know what other people are feeling<input type="checkbox"/> Other people's happiness depends on me<input type="checkbox"/> I'd rather be the one to suffer than watch someone else suffer<input type="checkbox"/> I feel bad for others easily<input type="checkbox"/> I take on emotions of others around me<input type="checkbox"/> I'm really good at "mind-reading" others<input type="checkbox"/> I feel happy when my loved ones are happy<input type="checkbox"/> I'm easy and flexible with most things<input type="checkbox"/> I don't really get angry<input type="checkbox"/> I am a very understanding person<input type="checkbox"/> I feel used<input type="checkbox"/> I feel selfish when I ask for what I want<input type="checkbox"/> I feel bad when I get what I want | <ul style="list-style-type: none"><input type="checkbox"/> I feel destabilized if someone doesn't like me<input type="checkbox"/> I'm very sensitive to criticism<input type="checkbox"/> I feel guilty easily<input type="checkbox"/> I find myself doing things I don't want to do<input type="checkbox"/> I don't speak up when I am treated poorly<input type="checkbox"/> I don't always say what I mean<input type="checkbox"/> I don't know how to end conversations<input type="checkbox"/> I feel unable to say no<input type="checkbox"/> I feel unable to make decisions<input type="checkbox"/> I can't really relax<input type="checkbox"/> I expect other people to anticipate my needs<input type="checkbox"/> People let me down a lot<input type="checkbox"/> People take advantage of me<input type="checkbox"/> I discount my own thoughts, opinions, intuition<input type="checkbox"/> I don't invest many resources (time, energy, money) into my own dreams<input type="checkbox"/> I'm not sure what I really feel or want<input type="checkbox"/> It's hard to ask for what I want or need<input type="checkbox"/> I don't feel like I deserve good things<input type="checkbox"/> I am uncomfortable being served or pampered<input type="checkbox"/> I'm not good at receiving love or gifts<input type="checkbox"/> I grew up with adults with poor boundaries<input type="checkbox"/> I grew up with adults who crossed my boundaries<input type="checkbox"/> I share too much information too soon<input type="checkbox"/> I have to shut out what everyone else thinks in order to make decisions for myself<input type="checkbox"/> I contain anger until it explodes suddenly<input type="checkbox"/> I dislike people who are selfish and entitled |
|--|--|

<input type="checkbox"/> I am known to be cold and aloof	<input type="checkbox"/> I don't generally like people
<input type="checkbox"/> I don't let people get too close to me	<input type="checkbox"/> I dislike too much affection
<input type="checkbox"/> I avoid intimate relationships	<input type="checkbox"/> I prefer not to be touched
<input type="checkbox"/> I keep people at a distance	<input type="checkbox"/> I don't do relationships
<input type="checkbox"/> I am tougher and less needy than others	<input type="checkbox"/> I get angry quite easily
<input type="checkbox"/> I don't like to need people	<input type="checkbox"/> I'm known to be kind of mean
<input type="checkbox"/> People who are soft and tender annoy me	
<input type="checkbox"/> Sex is what I know best	<input type="checkbox"/> I don't feel interested in sex at all
<input type="checkbox"/> When I am lonely, I want to have sex	<input type="checkbox"/> It's hard to have sex with someone I love
<input type="checkbox"/> I believe that my pleasure denies someone else theirs	<input type="checkbox"/> It feels dangerous to get close to someone
<input type="checkbox"/> I don't always know what I want or like	<input type="checkbox"/> At some point in a sexual relationship, I stop being able to have sex with the other person
<input type="checkbox"/> I know I'm loved if someone has sex with me	<input type="checkbox"/> I avoid sex
<input type="checkbox"/> I feel afraid or ashamed when I set sexual boundaries	<input type="checkbox"/> I can't really feel my body
<input type="checkbox"/> Sex feels like my fix	<input type="checkbox"/> I decide what I feel sexually by thinking
<input type="checkbox"/> I mostly follow other people's lead during sex	<input type="checkbox"/> Sex feels like my enemy
<input type="checkbox"/> I initiate sex when I don't know what else to do	<input type="checkbox"/> I am spaced out when I'm having sex
<input type="checkbox"/> I have had a lot of sex I didn't want to have	<input type="checkbox"/> I feel used during sex
<input type="checkbox"/> I don't feel entitled to change my mind once sexual experience starts	<input type="checkbox"/> I feel self-loathing after sex
<input type="checkbox"/> Sometimes I don't know that I don't want something until afterward	<input type="checkbox"/> I feel like a slut (and not in a good way) when I say "yes"
<input type="checkbox"/> If I want to feel close to someone, I have sex	<input type="checkbox"/> When I have sex, I feel lonely
<input type="checkbox"/> I stay in bad relationships for too long	<input type="checkbox"/> I don't really enjoy sex
<input type="checkbox"/> I put up with advances, touching, and sex that I don't want	<input type="checkbox"/> I'm never the one to initiate sex
<input type="checkbox"/> I feel guilty when I feel pleasure	

Reflections

- Did anything surprise you? How do you feel about your tendencies?
- is there any area where you wish you were different? If so...
 - Why do you think you are that way to begin with?
 - How does it harm or affect you such that you wish you were different?
 - Consider how being that way has *served* you? What needs did it meet? How did it enable you to live your life?
 - if you were to change those areas, how would you get those needs met? What other strategies can help you survive? What kinds of support can help?