

## Boundary Assessment

Symptom/Thought/Belief/Behavior	Never	Seldom	Sometimes	Often	Always
I can't make up my mind.					
I have difficulty saying "no" to people.					
I feel as if my happiness depends on other people					
It's hard for me to look a person in the eyes.					
I find myself getting involved with people who end up hurting me.					
I would rather attend to others than attend to myself.					
Others' opinions are more important than mine					
People take or use my things without asking.					
I have difficulty asking for what I want or what I need.					
I lend people money and don't seem to get it back on time.					
Some people I lend money to don't seem to ever pay me back.					
I feel ashamed					
I would rather go along with another person or other people.					
I feel bad for being so "different" from other people					
I feel anxious, scared, or afraid.					
I spend my time and energy helping others so much that I neglect my own wants and needs					
It's hard for me to know what I believe and what I think					
I feel as if my happiness depends on circumstances outside of me					
I feel an emptiness as if something is missing in my life.					
I have a hard time knowing what I really feel					
I find myself getting involved with people who end up being bad for me.					
It's hard for me to make decisions.					
I get angry.					
I don't get to spend much time alone					
I tend to take on the moods of people close to me.					
I have a hard time keeping a confidence or secret					
I am overly sensitive to criticism.					
I feel hurt.					
I tend to stay in relationships that are hurting me.					

**This questionnaire is designed to help you and your therapist better understand your experiences. It is not designed for diagnosis. For a correct diagnosis, you must seek professional help from a licensed mental health professional.**

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