Survey of Personal Boundaries

Check or circle the word that applies to how you truly feel.

1. I can’t make up my mind.
   Never  Seldom  Occasionally  Often  Usually

2. I have difficulty saying “no” to people.
   Never  Seldom  Occasionally  Often  Usually

3. I feel as if my happiness depends on other people.
   Never  Seldom  Occasionally  Often  Usually

4. It’s hard for me to look a person in the eyes.
   Never  Seldom  Occasionally  Often  Usually

5. I find myself getting involved with people who end up hurting me.
   Never  Seldom  Occasionally  Often  Usually

6. I trust others.
   Never  Seldom  Occasionally  Often  Usually

7. I would rather attend to others than attend to myself.
   Never  Seldom  Occasionally  Often  Usually

8. Others’ opinions are more important than mine.
   Never  Seldom  Occasionally  Often  Usually

9. People take or use my things without asking.
   Never  Seldom  Occasionally  Often  Usually

10. I have difficulty asking for what I want or what I need.
    Never  Seldom  Occasionally  Often  Usually

11. I lend people money and don’t seem to get it back on time.
    Never  Seldom  Occasionally  Often  Usually

12. Some people I lend money to don’t seem to ever pay me back.
    Never  Seldom  Occasionally  Often  Usually

13. I feel ashamed.
    Never  Seldom  Occasionally  Often  Usually

14. I would rather go along with another person or other people.
    Never  Seldom  Occasionally  Often  Usually
15. I feel bad for being so “different” from other people.
   Never  Seldom  Occasionally  Often  Usually

16. I feel anxious, scared, or afraid.
   Never  Seldom  Occasionally  Often  Usually

17. I spend my time and energy helping others so much that I neglect my own wants and needs.
   Never  Seldom  Occasionally  Often  Usually

18. It’s hard for me to know what I believe and what I think.
   Never  Seldom  Occasionally  Often  Usually

19. I feel as if my happiness depends on circumstances outside of me.
   Never  Seldom  Occasionally  Often  Usually

20. I feel good.
   Never  Seldom  Occasionally  Often  Usually

21. I have a hard time knowing what I really feel.
   Never  Seldom  Occasionally  Often  Usually

22. I find myself getting involved with people who end up being bad for me.
   Never  Seldom  Occasionally  Often  Usually

23. It’s hard for me to make decisions.
   Never  Seldom  Occasionally  Often  Usually

24. I get angry.
   Never  Seldom  Occasionally  Often  Usually

25. I don’t get to spend much time alone.
   Never  Seldom  Occasionally  Often  Usually

26. I tend to take on the moods of people close to me.
   Never  Seldom  Occasionally  Often  Usually

27. I have a hard time keeping a confidence or secret.
   Never  Seldom  Occasionally  Often  Usually

28. I am overly sensitive to criticism.
   Never  Seldom  Occasionally  Often  Usually

29. I feel hurt.
   Never  Seldom  Occasionally  Often  Usually

30. I tend to stay in relationships that are hurting me.
   Never  Seldom  Occasionally  Often  Usually
31. I feel an emptiness as if something is missing in my life.
   Never    Seldom     Occasionally     Often       Usually

32. I tend to get caught up in the middle of other people’s problems.
   Never    Seldom     Occasionally     Often       Usually

33. When someone I am with acts up in public, I tend to feel embarrassed.
   Never    Seldom     Occasionally     Often       Usually

34. I feel sad.
   Never    Seldom     Occasionally     Often       Usually

35. It’s not easy for me to really know in my heart about my relationship with my own spirituality.
   Never    Seldom     Occasionally     Often       Usually

36. I prefer to rely on what others say about what I should believe and do about religious and spiritual matters.
   Never    Seldom     Occasionally     Often       Usually

37. I tend to take on or feel what others are feeling.
   Never    Seldom     Occasionally     Often       Usually

38. I put more into relationships than I get out of them.
   Never    Seldom     Occasionally     Often       Usually

39. I feel responsible for other people’s feelings.
   Never    Seldom     Occasionally     Often       Usually

40. My friends or acquaintances have a hard time keeping secrets or confidences which I tell them.
    Never    Seldom     Occasionally     Often       Usually

Adapted from Whitfield, Charles, MD, Boundaries and Relationships