

Boundaries Quiz

Take a moment to answer the following questions and see. Don't worry about checking lightly so that you can erase the answers later. You won't want to give this book up anyway, so just be honest. You can buy another copy for your friend.

1. ____ I believe other people should know what I want and give it to me. If you have to ask, it's not worth getting.
2. ____ I don't understand why others can't give back the way I give to them. I am often disappointed when others don't show up for me.
3. ____ I'd accept, food, gifts, and even a friendly kiss that I don't want rather than tell people no and hurt their feelings.
4. ____ I always hug or touch everyone to let them know I care. Or, hugging and touching even those I love is uncomfortable.
5. ____ I never look a gift horse in the mouth. I'll take anything you give me. Or, I often try to get others involved in making money pursuits that benefit me.
6. ____ I would never make a major decision without (your mate's name)'s permission. Or I make every major decision myself, even when I am in a significant relationship.
7. ____ I abuse myself in one or more of the following ways: food, alcohol, drugs, cigarettes, abusive relationships, unsafe sex, compulsively working, cleaning, substance, or being constantly busy and on the go most of the time.
8. ____ I am very open and tell people whatever is on my mind, even if it's hurtful. Or, I never share my real feelings with anyone.
9. ____ I feel an intimate bond with people the moment that we meet.

10. _____ I often or have often in the past gone to bed with people on the first date.
11. _____ I don't enjoy sex, but I do it for my partner.
12. _____ People can walk all over me before I realize they are doing it. I expect them to be as nice to me as I am to them.
13. _____ People often tell me I expect too much from them.
14. _____ I often feel people take more from me than they are willing to give.
15. _____ I often get close to people only to have them leave. Or I feel that I often need to leave.
16. _____ I often discuss negative feelings about my lover with a friend -- or about one friend with another without having gone to him or her directly first.
17. _____ There are many kinds of information or teachings that I refuse to consider for myself.
18. _____ If (your mate's name) says I was being (needy, rude weak, sexy, etc.), then I must have been acting that way.
19. _____ I often don't know if I have the **right** to do certain things or feel certain ways.
20. _____ I often feel I have the right to meddle in my lover's affairs or other people's affairs, even though they are adults.
21. _____ I can be convinced to support or tell a lie even when it hurts me inside to do so.
22. _____ I feel parents, employers, friends, lovers, spouses, adult children owe me, so I expect them to treat me in special ways they don't treat others.
23. _____ When something is going wrong, I often feel that I am the one who creates the unhappiness or problems.

24. _____ Like a dog with a bone, I obsess about problems until they are solved.
25. _____ My level of fear can be overwhelming and uncontrollable. Healing issues from the past is a terrifying idea.
26. _____ I often tell people what they should or ought to be doing.
27. _____ When bad things happen, I always feel guilty.
28. _____ The idea that someone could love me, just for me, is foreign.
29. _____ I often feel as if I am not "in" my body.
30. _____ I can emotionally "leave" when things get tough.
31. _____ I am known as either a rescuer for my friends or as unavailable and cold.
32. _____ A lot of my friends are into activities of which I don't necessarily approve.
33. _____ I have been physically, sexually or verbally abused a number of times.
34. _____ I usually get very close to a person quickly. I then have to take space, or I feel engulfed.
35. _____ When an authority figure tells me to do something, I always do it. Or, I always feel defensive or resentful.
36. _____ I have accepted unwanted lunch or dinner invitations from people rather than tell them no and hurt their feelings.
37. _____ I am friends with some people just because they want me to be their friend, but not because I like them.
38. _____ I have given money to people who spend it on things of which I disapprove.

39. ____ There is someone in my life whom I enable to be an alcoholic, a drug user, or an abusive person.
40. ____ I often make commitments to myself I don't keep.
41. ____ When I make commitments to others I often have to change them, cancel them, or I arrive late.
42. ____ I allow my family to treat me or my lover in disrespectful, dishonoring ways. Or, I treat my family in disrespectful, dishonoring ways. After all, they are my family.
43. ____ I often lie and tell people things such as: I am busy when I'm not, I am not at home when I am, or other white lies that make life easier.
44. ____ If criticized, I crumble inside and feel terrible. Or, I become defensive and respond with anger or distance.
45. ____ Some part of me always feels like a failure, a bad person or the guilty one in difficult circumstances.
46. ____ My lover/significant other knows little about my real feelings.
47. ____ I am seldom able to find time to do the things I love to do most.
48. ____ When I am not the center of attention I feel rejected. Or, when I am the center of attention, I feel scared.
49. ____ I get my greatest sense of self-esteem through work, sex, my looks, or achievements.
50. ____ I can hurt myself or allow others to hurt me physically and dissociate from the pain.

Once you have taken this test, ask someone close to you to take it for you as well. Then compare your perception of yourself with the perception others have of you. Count the number of check marks and see if any of the categories below apply to you. Remember, no one fits perfectly into any category because we are all so different. No matter which category you fall into, *everyone* can learn to establish boundaries. No matter how badly yours may have been broken, it is still possible for you to heal.

- You have a pretty solid set of boundaries and a good sense of yourself.
Congratulations. Since you know how to respect boundaries, you can help those people in your life who have boundary issues by being a good role model. Most importantly, share your knowledge with others through your actions, especially the young people around you so they don't have problems as adults.

Score: 6 - 11

You may have grown up in an environment in which one or more parents was dysfunctional or emotionally absent. This could have been due to hardship or simply because they did not have the tools for being good parents. You may have gotten very few messages, or confusing or conflicting messages, about your value or worth. Your parents were not as emotionally present as you needed them to be. In some ways you may feel you lost your childhood and grew up too fast, or perhaps you feel you are still trying to grow up, now as an adult. You may be trying to make yourself feel safe by being in control of your external world and everyone around you much of the time. The tools you are about to get in this book, which your parents probably wished they had been able to give you, will make your process much safer and more exciting.

Score: 12 - 20

You may have grown up in an environment with an alcoholic or otherwise dysfunctional parent. You learned to get what you want and avoid any conflict by diligently being aware of everything that was going on with everyone else all the time. You learned quickly to put everyone else's interests and needs first. In fact, it's hard for you to know what you're feeling, even when asked, because you are focused so intently on others and their needs or feelings. You can deliberately "zone out." You may do anything to avoid conflict. It may feel as if it has been difficult for you

to even want to be here in the past. Don't worry. You will get the tools you need now to feel safe in the process and get the focus back on you.

Score: 21 - 30

You may have been raised in an abusive environment, even if you don't call it that. You seldom tell anyone your real feelings, and deep, connected intimacy may scare you. You often take space, or leave, either physically or emotionally, before you can get left. Intimacy may seem frightening because your first intimate relationships with caregivers may have resulted in your feeling abandoned or being abused. You may feel it's safer to be a loner and keep your feelings to yourself. Secretly you may long for someone to be fully present with you, yet the prospect feels frightening. This conflict may feel constant and ongoing. Now you will be able to create safety for yourself, perhaps for the first time. You will soon have the ability to create deep intimacy and meaningful relationships.

Score: 31 - 40

You may have survived abuse over long periods of time, perhaps continuing well into your childhood and adult years. Since adulthood, you may have selected abusive people as partners. You may feel as if you could actually die when people leave you or when your relationships end. You may be terrified of being alone and at the same time terrified of being too close. You may even tell yourself relationships just aren't in the cards for you this time around because they are just too hard or dangerous. You no longer have to hold on to that belief. With the tools you are about to receive, you too can have successful relationships and loving intimacy. If you are a man who has been sexually abused and have not worked to resolve the anger, you may feel your rage or a need to distance, especially after intimacy, and not understand why. If you are a woman with unresolved abuse you may feel you are obligated to be sexual, even when you do not wish to, or you may choose not to feel anything when you are being sexual.

Score: 41 - 50

You may have survived extreme abuse verbally, emotionally, physically, or sexually, beginning in infancy and continuing throughout your childhood and adult years. It's hard for you to believe that you really have rights or that healthy relationships are possible. You hide your feelings and

are secretive or fearful most of the time. You too can learn to create healthy boundaries and begin to have healthy relationships in your life, perhaps for the first time. You may owe it to yourself to do this work with a qualified therapist who can support you in resolving some of your past. The fact that you survived tells me that you are creative and intelligent and deserve the best support possible. Consider giving that support to yourself in the most loving way. Everyone can learn to create healthy boundaries. So, no matter what your score, you are about to make a great discovery about safety. Boundaries are your key to safety. If you did check some of the statements, congratulate yourself for being honest, and let's work together to help you understand boundaries and create some new healthy ones.