

## Your Authentic Personalities Boundaries Quiz

HOW STRONG ARE YOUR BOUNDARIES? Take the quiz and find out.

	Question	No	Some times	Yes
1	I am unclear about my preferences.			
2	I let the moods of others determine my mood.			
3	I feel guilty when I spend money on myself.			
4	I say yes because I don't know how to say no.			
5	I often feel resentful and confused as to what to do.			
6	Whatever I do, I commit myself fully and indefinitely to others.			
7	I am always the "rock" that others can depend on.			
8	I can't complain or express criticism to certain people			
9	I share at an intimate level in the early stages of a friendship.			
10	I expect others to anticipate my needs.			
11	I live hopefully in relationships while wishing and waiting			
12	I ignore my intuition and desires if they are not polite			
13	I feel taken advantage of by others.			
14	I do most of the work in my relationships.			
15	I make myself available to others when I don't have time.			
16	I feel sorry for people all the time.			
17	I feel guilty when I say no			
18	I feel helpless and powerless with certain people			
19	I often feel like I have no choice.			
20	I get really mad when other people are irresponsible.			
21	I make excuses for people in my life.			
TOTAL NUMBER of Yes's, Sometimes, and No's.				

Find your boundaries score:

Score 2 points for each No

Score 1 point for each Sometimes

Score 0 points for each Yes.

No: \_\_\_\_\_

Sometimes: \_\_\_\_\_

Yes: \_\_\_\_\_

The maximum possible total is 42.

Write your score here: \_\_\_\_\_.

40-42: You have firm and distinct boundaries in place. Teach others what you know.

30-39: Your boundaries are secure. Keep doing what you're doing.

20-29: Your boundaries are porous. They need further definition.

10-19: Your limits need attention and definition right away.

0-9: You have little to no definition. Change is needed immediately.

What is ONE thing you can say NO to today?

---