

Boundaries Self-Assessment

For each statement below, indicate a number from 1-10, where “1” means you strongly disagree and “10” means you strongly agree.

	disagree -----agree
It is easy for me to tell when someone is violating my boundaries.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I enjoy being around others who set boundaries.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I have a support group that encourages my boundary growth.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I take my role as steward of the time, talents, and treasures God has given me seriously.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I say, “no” in circumstances where I know people will respect my “no.”	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I recognize when I get a twinge of guilt for setting boundaries that are appropriate that if I persist, I am making progress.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I say, “no” in circumstances where I know people will not react well.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I follow through without guilt on my boundary enforcement.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I honor others’ boundaries and support them in setting boundaries.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I count the cost before I say, “yes.” When I say, “yes,” I honor my promise.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
I set value-driven goals and set my boundaries to achieve those goals.	1 -2 -3 -4 -5 -6 -7 -8 -9 -10
Who/what do I feel responsible for?	
Who/what do I feel responsible to?	
Where are the healthy boundaries in my life?	
Where are the unhealthy boundaries in my life?	