

iACTcenter

Boundary Worksheet

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 get it back on time.					
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 wants and needs.					
It's hard for me to know what I believe and 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 feel.					
I get involved with people who end up being bad for me.					
It's hard for me to make decisions.					
I get angry a lot.					
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 confidence or secret.					
I am overly sensitive to criticism.					
I feel hurt a lot.					
I tend to stay in relationships that are hurting me.					