

Healthy Boundaries Assessment

Respond to the following with: 1-Rarely 2-Sometimes 3-Frequently

I ask for what I want/need directly

I let people know when they are being unreasonable or demanding

I say 'no' without feeling obligated or guilty

I set limits on my time, resources and availability

I have a health sense of interdependence - not too dependent or independent

I generally take care of my needs before trying to help others

People respect my limits

I do not over-commit myself

I do not reinforce behavior that I dislike by passively condoning it

People do not take me for granted
