Signs you Need Better Boundaries

Adapted from [http://www.harleytherapy.co.uk/counselling/healthy-boundaries.htm](http://www.harleytherapy.co.uk/counselling/healthy-boundaries.htm)

Beside each statement, rank each sign on a scale of 1 to 10, with 1 being “doesn’t describe me at all” and 10 being “couldn’t describe me better.”

1. **Your relationships tend to be difficult or dramatic.** The less boundaries you have the more open you are to attracting people who want to control you.

2. **You find decision making really difficult.** Without good boundaries we tend to spend a lot of our time doing what others want, which can make it difficult to know who we are and what we want.

3. **You really hate letting other people down.** This feeling can cause us to just go along with other people’s plans out of a fear of the discomfort of feeling like you let others down.

4. **You have difficulty saying “no” (or “yes”) and if you do, it comes with guilt and anxiety.**

5. **You are often tired for no apparent reason.** Without boundaries we can end up always doing what others want and having little time left for what we need.

6. **You can be an open book when it comes to sharing.** Without boundaries we can end up sharing without first turning our radar on to tell us how much to share, with who, and when.

7. **You are constantly the victim of situations.** Having no boundaries makes it easy for others to take advantage of you (knowingly and unknowingly), which can lead to the feeling of being hard done by. You may feel overlooked, like things always go wrong for you, or blamed.

8. **You are almost always at least a tiny bit annoyed.** Without boundaries to prevent us from doing things that go against our values and desires, we may feel slightly edgy or annoyed almost all of the time.

9. **You feel as if others don’t show you respect.** Boundaries communicate to others how we expect to be treated and what behaviour we will allow as a part of our lives. Without them, people may not know what these expectations are.
10. **You might be passive aggressive.** Constantly saying “yes” when what you really want is to say “no” (or vice versa) can lead us to feel disempowered, which can also often lead to us trying to manipulate back the energy and power we lost in unhealthy ways.

11. **You often wonder who you really are.** Always doing what others want can lead us to basing our opinion of ourselves on what others think of us. Eventually this can lead to a limited or too fluid sense of self.

12. **You fear being rejected or abandoned.** Sometimes a lack of boundaries can be traced back to feeling as if you always have to please others and if you don’t, you may face rejection or abandonment. An intense fear of rejection and abandonment can often be traced back to experiences in childhood. Children require attention and love, so if they didn’t receive this easily, they may have removed all boundaries to get it any way they could.

*Question:*

- Which are most problematic signs in your life?

- Are there any that you would like to change? If so, which?