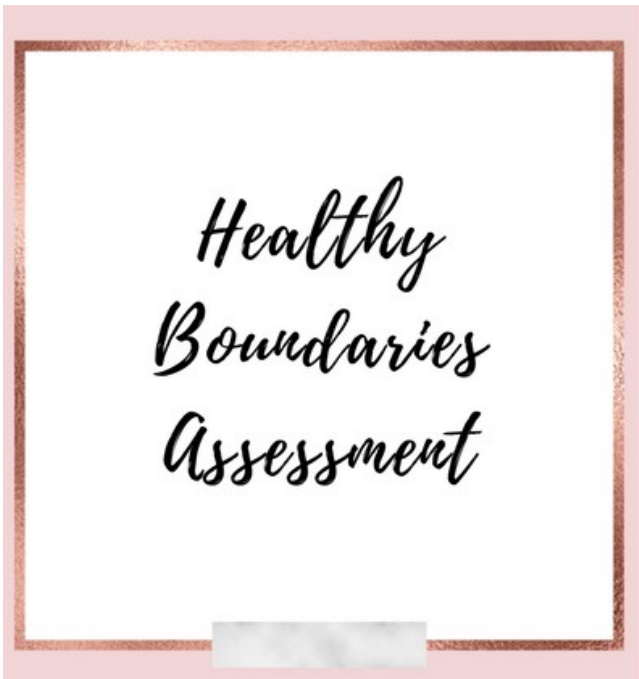


# Healthy Boundaries Assessment

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