

Your Boundary Beliefs

Before you can begin to set new and improved boundaries, you need to look at what your existing beliefs about boundaries are.

A= Definitely True B = Mostly True C = Somewhat True D= Not Very True

E = Hardly True, If At All

1. I have the power to make choices for myself.
A B C D E
2. I am both valuable and imperfect
A B C D E
3. I am in a lifelong process of growth
A B C D E
4. My individual significance is not lowered or raised by other's opinions of me
A B C D E
5. My life is enriched when living in interdependent relationships with cooperative and respectful people.
A B C D E
6. My life is diminished when living in interdependent relationship with uncooperative and disrespectful people.
A B C D E
7. My intrinsic, or built-in, value is neither more nor less than other's.
A B C D E
8. Certain types of contributions will be more esteemed than others in our society or circle, but this does not add to or diminish the significance of my contribution.
A B C D E
9. Others' talents are a pleasure to observe & applaud.
A B C D E
10. I value life and operate from a sense of gratitude, not entitlement.
A B C D E
11. I am able to face challenges and meet problems.
A B C D E
12. I accept and befriend myself.
A B C D E
13. I believe I contribute significantly to the good of others and the world.
A B C D E
14. It is my right and privilege to own my feelings.
A B C D E
15. Boundaries are necessary and appropriate.

A B C D E

16. Setting limits is necessary to keep relationships healthy and vital.

A B C D E

17. I am not compelled to justify a boundary with apologetic explanations.

A B C D E