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

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