Debbi Carberry
RELATIONSHIP COACH

Boundary Quiz
Where You End and I Begin

Have you ever wondered what kind of boundaries you have and how they might impact your relationship? Complete this Boundaries Quiz to find out what type of boundaries you have.

If a statement is relevant to you, write YES, and if it is not NO.

1. You can't say no, because you are afraid of rejection or abandonment.
2. You know when the problem is yours and when it belongs to someone else.
3. Your change to try to be what other people want you to be. You are a chameleon.
4. You know your own wants, needs and feelings. You communicate them clearly
5. You rarely ask for help.
6. You know your limits. You allow others to define their limits.
7. You take on other's problems as your own.
8. You are likely to say no to people if the request involves close interaction.
9. You feel responsible for other's people's happiness.
10. You avoid intimacy by picking fights or being too busy in your relationships.
11. Most relationships feel like they move too commitment way to fast.
12. You share personal information gradually in a mutually sharing/trusting relationship.
13. You fear abandonment OR engulfment, so you avoid closeness.
14. You rely on others opinions, feelings and ideas more than you do your own.
15. You allow others to be responsible for their own happiness and fulfillment.
16. You are able to ask for help when you need it.
17. You put your own wants, needs and feelings secondary to other peoples.
18. You don't compromise your values or integrity to avoid rejection.
19. You rarely share personal information.
20. You compromise what you want a lot of the time to avoid conflict.
21. You have difficulty identifying wants, needs, feelings.

Next add together your responses for the following groups of questions (1 for YES 0 for NO):

Group a - Questions 2, 4, 6, 12, 15, 16, 18

Group b - Questions 1, 3, 7, 9, 14, 17, 20

Group c - Questions 5, 8, 10, 11, 13, 19, 21

Whichever group has the highest score will give you an indication of your own style of boundaries.

Healthy Boundaries (a)

In a relationship the line between partners is easily identifiable. They are independent people but they are also close enough to be connected and to have an impact on each other's life. In healthy relationships boundaries are flexible. They grow and change. Boundaries can be lowered to promote intimacy or extended to promote safety.

Collapsed Boundaries (b)

It is difficult to distinguish one partner from the other. Partners in an enmeshed relationship generally try to merge with the other in order to avoid the emptiness they feel when alone. This is troublesome, because partners either seek to loose themselves in the other person or expect their partner to become lost in them.

Rigid Boundaries (c)

In a relationship you may want to be completely self-contained, having very little impact on the other person and also very little emotional connection. This is called an emotionally detached relationship with rigid boundaries. The boundaries in this relationship tend to be more like walls and prevent intimacy.

I hope that this Quiz was helpful and you go and watch my boundaries video that goes with this quiz. There are lots of strategies to help have healthier boundaries in your relationship.

If you haven't seen it come on over to my private FB Group "Rewrite Your Relationship Story" https://www.facebook.com/groups/RewriteYourRelationshipStory/ or send me a private message on FB and my messenger bot https://m.me/DebbiCarberry will send the link for the video to you.

Until next time .....

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