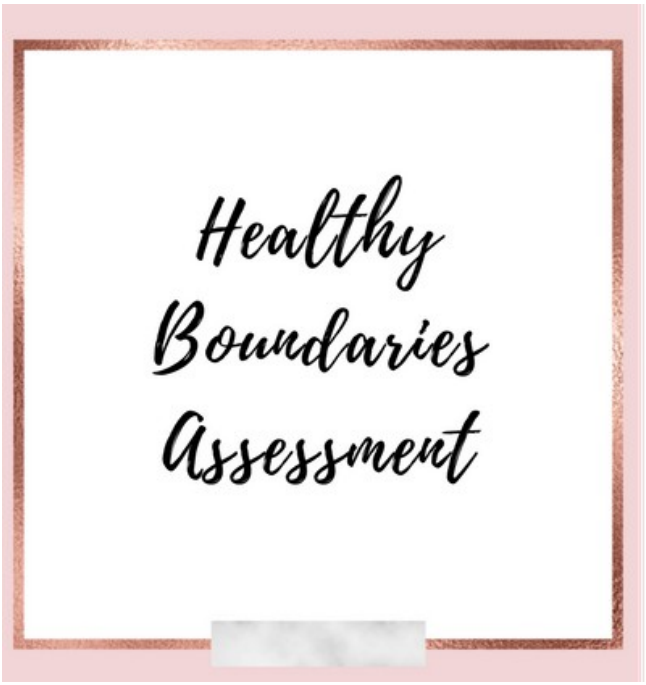
Healthy Boundaries Assessment

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

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