Use this questionnaire to determine if you have challenges setting boundaries in your relationships

|  | Questions to consider to determine if you have challenges setting boundaries | Yes | No |
|---|---|---|---|
| 1. | Do you ever do what people want **even if it violates your values or ethical standards**? | | |
| 2. | Whenever you say no do you feel the need to **over explain and justify your reason** | | |
| 3. | If ever you are misunderstood do you spend time **over thinking or analyzing** the situation? | | |
| 4. | When you are in a group of people with differing opinions than you, do you find yourself **agreeing with everyone** so you don't appear **as the "odd ball"**? | | |
| 5. | Do you **over promise or over commit** even **when you are unavailable just to please people** | | |
| 6. | Do you **feel the need** to spend time with people who make you feel uncomfortable **just so you have "friends"** | | |
| 7. | If anyone were to call you a derogatory name **are you afraid letting them know it is unacceptable**? | | |
| 8. | Do you **accept invitations** to events even when **you don't want to attend**? | | |
| 9. | Do you **feel the need** to answers phone calls from people **even when you are busy**? | | |
| 10. | Are you unable to **end friendships** even when it becomes **clear that the friendship is a distraction or a hindrance to your growth**? | | |