

“Checklist for Broken Boundaries”

1. Do you have _____ making decision and sticking with them when opposed?
2. Do you feel that you must _____ of others before acting on a decision?
3. Do you feel _____ your opinion when ask?
4. Do you fear _____ what you really feel?
5. Do you _____ in your own convictions?
6. Do you _____ because you fear embarrassment?
7. Do you _____ eye contact with others?
8. Do you _____ others for help?
9. Do you _____ the love and affection of others?
10. Do you _____ to return overdue items they have borrowed?
11. Do you have _____ sincere compliments from others?
12. Do you need a great deal of _____ from others?
13. Do you allow others to _____ in your presence without stating the truth?
14. Do you have _____ situations that are unfair?
15. Do you ever say _____ when you want to say _____?
16. Do you _____ when you say _____ to someone who is asking for your time?
17. Do you sometimes _____ for mistakes that are not yours?

1. Difficulty 2. See the opinions 3. Hesitant to give 4. Expressing 5. Lack Confidence
6. Avoid certain people 7. Have difficulty keeping 8. Asking others 9. Fear losing 10.
Avoid asking people 11. difficulty receiving 12. Assurance 13. Be untruthful 14. Difficulty
pointing out 15. Yes, No 16. Feel guilty, No 17. Accept the blame