

Relationship Boundaries

A Guide for Checking Your Boundaries Within Relationships

Without good relationship boundaries:	With good relationship boundaries:
<input type="checkbox"/> Feel afraid - anticipate crisis - always expect the worst to happen	<input type="checkbox"/> Feel secure - grounded - able to cope
<input type="checkbox"/> Loose objectivity when flattered or complimented	<input type="checkbox"/> Do not allow manipulation but can accept appropriate, genuine, positive feedback
<input type="checkbox"/> Have difficulty saying "no"	<input type="checkbox"/> Are able to set limits and say "no"
<input type="checkbox"/> Have relationships with narcissistic or borderline people who manipulate	<input type="checkbox"/> Create relationships with people capable of providing mutual bonding and love
<input type="checkbox"/> Often become obsessive about partner's actions or reactions	<input type="checkbox"/> Can be affected by partner's behavior without taking it personally or making yourself wrong
<input type="checkbox"/> Change your behavior, plans or opinions to pacify partner - withhold your truth	<input type="checkbox"/> Remain true to self and attempt mutually satisfying compromise that respects the needs of both
<input type="checkbox"/> Make exceptions and excuses for partner's behavior - even when appropriate	<input type="checkbox"/> Is flexible and accountable and expect others to be flexible and accountable also
<input type="checkbox"/> Are unclear about your choices, preferences and opinions - wonder if you are right often	<input type="checkbox"/> Feel clear and decisive and act to get what you want and need
<input type="checkbox"/> Make others responsible for your good and bad feelings about yourself	<input type="checkbox"/> Take responsibility for your own feelings and responses
<input type="checkbox"/> Act out of compliance, control, non-compliance or other passive aggressive ways of getting needs met	<input type="checkbox"/> Act out of agreement without abandoning yourself or your partner
<input type="checkbox"/> Use guilt, fear, shame, intimidation or interrogation in attempting to change partner	<input type="checkbox"/> Speak with "I" messages and attempt to hear and understand partner
<input type="checkbox"/> Stay in relationships too long doing more for less while feeling out of control	<input type="checkbox"/> Set limits. Ask for and expect to get mutual benefit
<input type="checkbox"/> Are more focused on partner's needs, emotions and feelings than you are on your own	<input type="checkbox"/> Are in touch with your own needs, emotions, feelings and attend to them with self-nurturing
<input type="checkbox"/> Are unable to get angry but often feel victimized	<input type="checkbox"/> Can express healthy anger and refuse to be victimized
<input type="checkbox"/> Feel you must physically separate to get space and feel safe	<input type="checkbox"/> Can stay engaged and yet feel separate

<input type="checkbox"/> Often discount intuitive hunches	<input type="checkbox"/> Listen and abide by intuition
<input type="checkbox"/> Find yourself in situations where you feel there is no way out	<input type="checkbox"/> Stay focused on your choices and act accordingly
<input type="checkbox"/> Commit to giving far beyond what is healthy and reasonable for self	<input type="checkbox"/> Set limits on how long and how much you will commit
<input type="checkbox"/> Accept promises, minimal effort and constant apologies as good reason and basis for staying	<input type="checkbox"/> Ask for and get genuine, on-going positive attempts to improve
<input type="checkbox"/> Will comply with unwanted sexual advances in order to feel loved	<input type="checkbox"/> Do not compromise your integrity for sex
<input type="checkbox"/> Allow others to be abused by partner	<input type="checkbox"/> Insist on respect for all boundaries
<input type="checkbox"/> Give yourself up out of fear	<input type="checkbox"/> Respect self and trust your own ability to deal with consequences
<input type="checkbox"/> Attempt to get your own needs met by constantly doing for others	<input type="checkbox"/> Are direct about getting needs met and does not attempt to manipulate others
<input type="checkbox"/> Feel you will be overwhelmed or become overly responsible for partner's intense feelings	<input type="checkbox"/> Can stay present to partner's intense feelings without taking them on or changing them
<input type="checkbox"/> Fantasize that things will be better without any realistic indication or action having been taken	<input type="checkbox"/> Realize you are the creator of and responsible for your own quality of life
<input type="checkbox"/> Avoid knowing the truth in attempting to avoid pain	<input type="checkbox"/> Willing to experience temporary frustration or pain as an accepted part of growth
<input type="checkbox"/> Experience another's criticism as indication you are a bad person	<input type="checkbox"/> Can separate actions that need changing from sense of own value and worth
<input type="checkbox"/> Experience lack of spiritual connectedness and self-esteem, or anxiety, hopelessness, betrayal, and insecurity	<input type="checkbox"/> Experience spiritual unity, self-love, self-respect, aliveness and on-going growth
Total Without Good Boundaries Check Marks:	Total With Good Boundaries Check Marks:

Total up your score: If you have 7 points or more on the "**Without Good Boundaries**" side, you will know this is an issue affecting your relationship.

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