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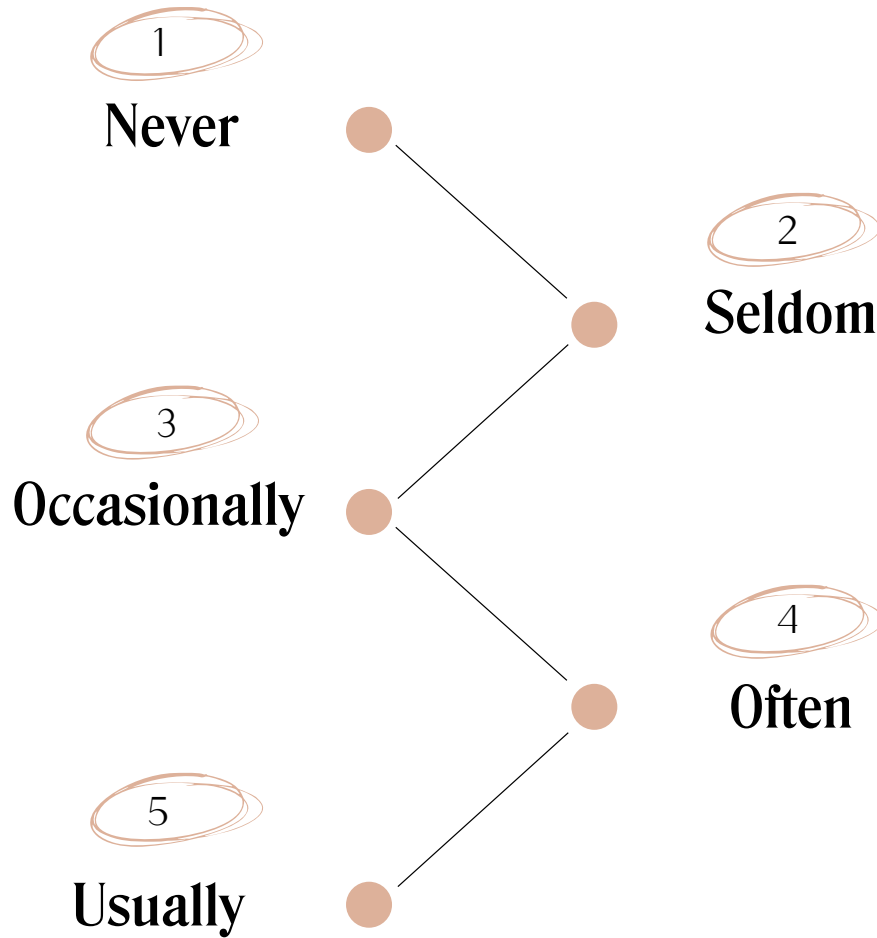
# Personal Boundary Inventory



Setting boundaries is an important part of establishing your identity and is a crucial aspect of mental health and well-being. Below are a series of 40 questions, where you have the option of answering in one of 5 ways: Never, Seldom, Occasionally, Often, Usually.

Take this test to check the health of your personal boundaries. As you go through each question, see if you can trust your first instinct, rather than overthink your answer:



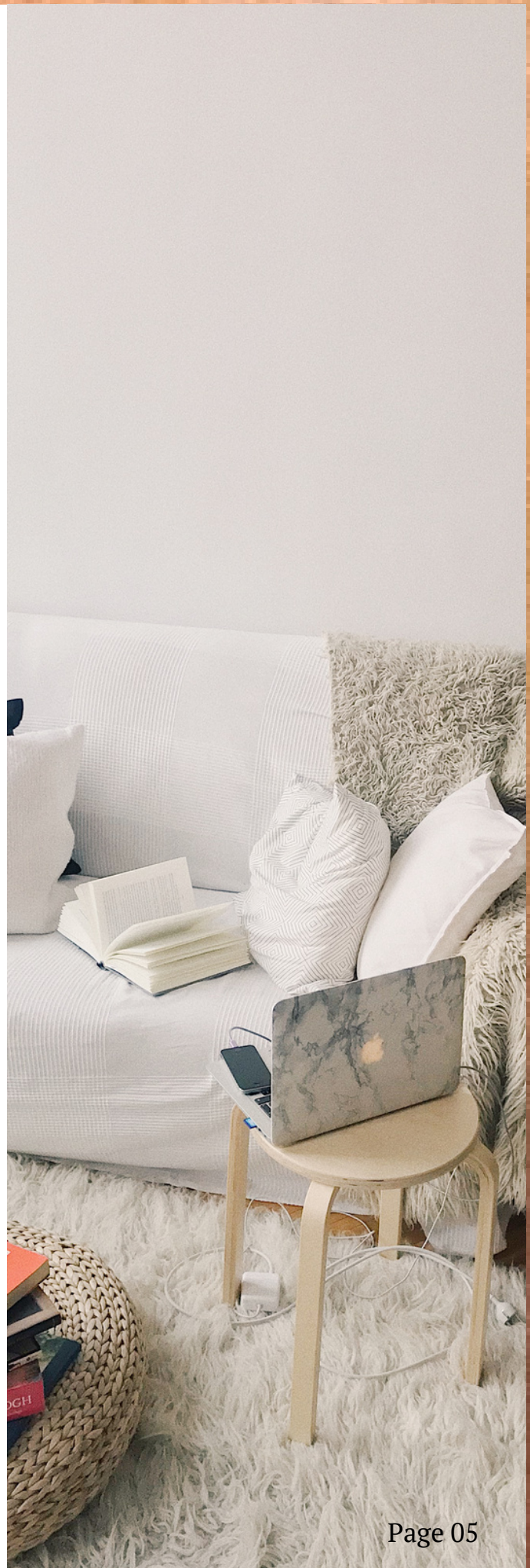


1. I can't make up my mind.
2. I have difficulty saying "no" to people.
3. I feel as if my happiness depends on other people.
4. It's hard for me to look a person in the eyes.
5. I find myself getting involved with people who end up hurting me.
6. I trust others.
7. I would rather attend to others than attend to myself.
8. Other's opinions are more important than mine.
9. People take or use my things without asking me.
10. I have difficulty asking for what I want or what I need.

11. I lend people money and don't seem to get it back on time.
12. Some people I lend money to don't ever pay me back.
13. I feel ashamed.
14. I would rather go along with another person or other people than express what I'd really like to do.
15. I feel bad for being so "different" from other people.
16. I feel anxious, scared, or afraid.
17. I spend my time and energy helping others so much that I neglect my own wants and needs.
18. It's hard for me to know what I believe and what I think.
19. I feel as if my happiness depends on circumstances outside of me.
20. I feel good.
21. I have a hard time knowing what I really feel.
22. I find myself getting involved with people who end up being bad for me.
23. It's hard for me to make decisions.
24. I get angry.
25. I don't get to spend much time alone.
26. I tend to take on the moods of people close to me.



27. I have a hard time keeping confidence or secret.
28. I am overly sensitive to criticism.
29. I feel hurt.
30. I tend to stay in relationships that are hurting me.
31. I feel emptiness as if something is missing in my life.
32. I tend to get caught up “in the middle” of other people’s problems.
33. When someone I’m with acts up in public, I tend to feel embarrassed.
34. I feel sad.
35. It’s not easy for me to really know in my heart about my relationship with a Higher Power or God.
36. I prefer to rely on what others say about what I should believe and do about religious or spiritual matters.
37. I tend to take on or feel what others are feeling.
38. I put more into relationships than I get out of them.
39. I feel responsible for other people’s feelings.
40. My friends or acquaintances have a hard time keeping secrets or confidences which I tell them.



## Scoring your Personal Boundaries Questionnaire

Add up the number of checks you made under each category to determine where you currently are with personal boundaries. The way you do that is to: give yourself 1 point for every time you ticked Never, 2 points every time you ticked Seldom, 3 points every time you ticked Occasionally, 4 points every time you ticked Often and 5 points every time you ticked Usually. Add up all your points, and you have your Personal Boundary score.

**161 or More** - It appears you have a serious problem with not setting Personal Boundaries. It may help you to seek coaching or counselling, so you can explore why it is so difficult for you to set boundaries. You may have never been able to set boundaries.

**121 to 160** - There is a very strong chance that you are not setting Personal Boundaries. Are you a conflict avoider or a people pleaser? Finding a course or reading books may support you to develop more assertiveness.

**81 to 120** - You may have a problem with setting Personal Boundaries. Are you sometimes lacking confidence in your decisions? Start trusting your instincts more. A retreat may help you to connect with yourself and become more aware of the true nature of your experience and needs. Regular meditation practice can guide you to trust your instincts more.

**40 to 80** - It appears that you do not have a problem setting Personal Boundaries. A well-rounded individual

**Reference:** Dr. Charles L. Whitfield MD; a pioneer in trauma recovery, including the way we remember childhood and other trauma and abuse. He is also the author of ten best-selling books on trauma psychology and recovery.