

Assessment of Boundaries

	Very True	Kind of True	Not True
I feel that I have no self of my own, that my body, thoughts, feelings, or desires do not belong to me.	0	5	10
I take on the values, thoughts, feelings or wants of someone else, when I don't know what mine are.	0	5	10
I act as if my body doesn't exist or doesn't deserve my attention.	0	5	10
I sometimes let my needs be eclipsed or overshadowed by the needs of another.	5	10	15
I feel that very little of my thoughts, feelings, desires, and values can "hold their own" against those of my friends, partners, coworkers or family members.	5	10	15
I push my body's needs to one side because they inconvenience me or someone else.	5	10	15
I am willing to give in to what others believe or think (or stay silent), rather than have a different opinion or need.	5	10	15
I compromise who I am to avoid being different, or to avoid disagreement or confrontation.	5	10	15
I know who I am and can – simply, clearly, without aggression or defensiveness – express what I believe, what I feel, and what I want.	10	5	0
I can, without aggression or defensiveness, listen to others express what they believe, feel and want.	15	10	5
I know what my body wants and needs and can give it...or ask for it.	10	5	0
I can calmly state my own interests without feeling the need to qualify or explain them.	15	10	5
I have recently said, "Here's what I think, feel, want...", while feeling that I am perfectly okay; no guilt, no worry.	15	10	5
I have recently disagreed with someone else's ideas or had feelings different from another's and known I was acceptable in my difference...and so was the other person – both of us perfectly okay <i>and</i> different.	10	5	0

The 7 Childhood Treasures

L. Carol Scott, PhD

	Very True	Kind of True	Not True
I am willing to consider another point of view, another desire, another feeling that differs from my own – really consider it as a possibility for myself – without needing to aggressively defend my own.	15	10	5
I often let my own light shine so brightly that there is no room for the lights of others.	0	5	10
I am confident that my thoughts/feelings/desires are the best or most important – the “only ones worth having.”	5	10	15
I often dominate others physically with nonverbal threats, or with hugs or other gentle touches they didn’t ask for.	5	10	15
I often over-share, tell people too much about myself too soon.	5	10	15
I often tell somebody my life story within the first hour I know him/her.	5	10	15
I often explain and explain and explain why I hold a certain belief or value, or have a certain feeling, trying to convert someone else to it, or trying to validate it in her/his eyes.	5	10	15

Total the Columns: _____

Add the 3 totals together: _____