

# DO YOU NEED STRONGER PERSONAL BOUNDARIES?

So how do you know if you could use a shoring up of your boundaries? Answering more of these questions with a "yes" may indicate that you do...

- Do you believe your happiness depends on others?
- Are you unable to say no, even when you want to?
- Do you feel responsible for other people's feelings?
- Are you more concerned with what others think of you than what you think of yourself?
- Do you feel constantly drained by all you have to do?
- Do you neglect your own needs, even basic care, such as eating and sleeping?
- Would others say you are a people-pleaser?
- Do you often feel resentful or taken advantage of, though you'd never admit it?
- Do you find time to take care of others, but never find time to take care of yourself?
- Do you find it hard to make decisions, and let others make them for you? Do you consistently ask for others' opinions before you take action?
- Do you tend to take on the emotions or moods of others in your environment?
- Do you find it nearly impossible to ask for help, even when you are struggling?
- Do you feel others' opinions are more valid than your own?
- Are you frequently unaware of how you feel or what you want?
- Do you often feel anxious or afraid, though you aren't sure of what?
- Are you overly sensitive to criticism and so try to please everyone all the time?
- Do you always go only with what other people want instead of voicing your desires? Maybe because it's simpler like that or because you are afraid of making someone angry?