

# THE SMART LIONESS'

## HEALTHY BOUNDARY SELF ASSESSMENT

Check the box that best describes you.	Never	Rarely	Sometimes	Often	Almost Always
1.) Do you feel stressed out, overwhelmed, &/or burnt out?	<input type="checkbox"/>				
2.) Would you do most anything to avoid hurting others?	<input type="checkbox"/>				
3.) Do you feel as if your kids (mate, parents, others) run your life?	<input type="checkbox"/>				
4.) Do you try to convince yourself that your feelings aren't real, or that you shouldn't have those feelings, or that your feelings don't matter compared to the other person's feelings?	<input type="checkbox"/>				
5.) Do you feel as if you are never caught up, or as if your life is not your own?	<input type="checkbox"/>				
6.) Do you resent others for being so demanding and inconsiderate?	<input type="checkbox"/>				
7.) Do you feel taken advantage of by those you love?	<input type="checkbox"/>				
8.) Do others' needs seem much more urgent than yours?	<input type="checkbox"/>				
9.) Do you tend to to meet others' needs before your own?	<input type="checkbox"/>				
10.) Do you question the legitimacy of your own needs?	<input type="checkbox"/>				
11.) Do you hate to disappoint others' expectations?	<input type="checkbox"/>				
12.) Do you see yourself as the only one who can help, & that therefore, you should say yes?	<input type="checkbox"/>				
13.) Are you secretly afraid that if you don't do what others ask of you that they will leave you?	<input type="checkbox"/>				
14.) Do you deep down believe that if you don't anticipate people's needs and provide services for them, they wont want to be with you?	<input type="checkbox"/>				
15.) Do you say "OK" or say nothing when you would rather not do something for someone, because you don't want a confrontation?	<input type="checkbox"/>				
16.) Are you very distressed if one person disapproves of you?	<input type="checkbox"/>				

Check the box that best describes you.

	Never	Rarely	Sometimes	Often	Almost Always
17.) Are you very distressed if someone seems as if they don't like you?	<input type="checkbox"/>				
18.) If someone criticizes you, do you automatically believe that their criticism is true?	<input type="checkbox"/>				
19.) Do you let other people define what your behavior means?(Ex. "You don't really love me if you won't...")	<input type="checkbox"/>				
20.) Do you run out of time for yourself because you are unable to say "no" to the demands of other people in your life?	<input type="checkbox"/>				
In each column add up the number of checks	0	0	0	0	0