

HOW HEALTHY ARE YOUR PERSONAL BOUNDARIES?	YES	NO
Do you:		
1. Usually go along with what others want, even if it isn't something that you want?		
2. Feel sick, unsettled or upset when others don't seem to approve of you?		
3. Frequently overeat?		
4. Feel uneasy when you are not 'in charge' or 'in control' of a situation or circumstance?		
5. Find it hard to say 'no' when someone asks you to do something for them?		
6. Rarely apologize?		
7. Usually feel that you know better than someone else?		
8. Only feel good about yourself when others are happy with you?		
9. Believe that your work must be finished before you can enjoy some fun?		
10. Find it difficult to spend money on yourself and for your own enjoyment?		
11. Usually make choices and decisions based on what you think will suit others?		
12. Get really anxious when you need to speak up in the company of more than one other person?		
13. Feel upset if you are not invited to something that your friend is invited to?		
14. Tend to drink, eat or shop more than you know that you should?		
15. Only share your thoughts after others have expressed theirs?		
Are you:		
16. Convinced that others are better than you?		
17. Always wondering what others think of you?		
18. Hesitant to let others know what you think?		
19. Finding it difficult to be on your own?		
20. Frequently feeling upset by other people?		

21. Inclined to readily change your mind if others disagree with your point of view?		
22. Finding it hard to express your angry feelings?		
23. Feeling that others are unable to cope without your help?		
24. Apologizing a lot?		
25. A neat-freak?		
26. Feeling anxious when you have to change arrangements?		
27. Afraid that if others knew who you really are they wouldn't like you any more?		
28. Finding it difficult to share you feelings with others?		
29. Only interested in other people's issues?		
30. Angry most of the time?		

**To obtain your test results, please email your total score to Sonja@sonjaridden.com
Test results are free of charge!**