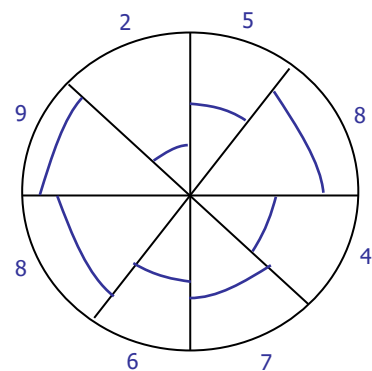


### Boundary Self-Assessment

- Use the above chart to capture a snapshot of your current boundary status in each segment of your life.
- Draw a dot in each segment – the closer to the outside ring, the more confident you feel about your boundaries in that category. When finished, connect the dots with a straight line and assess your current boundaries.
- Answer the supportive questions sheet.

### EXAMPLE





**Answer the below questions to help get a clearer picture of your results.**

1. In what three categories are your boundaries the most developed?
2. Why do you think your boundaries are the most developed in these areas? Think about your strengths, comfort level, beliefs you hold, etc.
3. In what three categories do your boundaries need additional attention?
4. Why do these boundaries need attention? Again, think about your strengths, comfort level, beliefs that you hold, etc.
5. Is there a life segment that your current boundary status surprised you?
6. What life segment would have the most positive impact on your life if you were to strengthen your boundaries? What would change?