



Boundaries Checklist

| Mark "Yes" or "No" To All That Apply | YES | NO |
|--|-----|----|
| 1. I make healthy choices for myself | | |
| 2. I know how to react in a healthy way when a situation causes me to be uncomfortable | | |
| 3. I am aware of my limits with social media | | |
| 4. I can say no | | |
| 5. I am accepting when other's say no | | |
| 6. I communicate what I want and need clearly | | |
| 7. I honor and respect my own needs and the needs of others | | |
| 8. I have healthy values, beliefs, and morals | | |
| 9. I accept help when needed | | |
| 10. I ask for space when I need it | | |
| 11. I share my feelings on my terms | | |
| 12. I stand up for myself | | |
| 13. I state my boundaries clearly and effectively | | |
| 14. I know my non-negotiables | | |
| 15. I prioritize things that are important to me | | |
| 16. I make decisions that are good for me | | |
| 17. I use "I" statements when communicating | | |
| 18. I have healthy relationships | | |
| 19. I am not overly sensitive to criticism | | |
| 20. I define my own behavior | | |
| 21. I am honest about my thoughts and feelings | | |
| 22. I enter situations without expectations | | |
| 23. I am not dependent on other people for my happiness | | |
| 24. I protect myself from the control of others | | |
| 25. I know what I believe and think | | |