

# Take Back Your Power - Unleash Your Inner Warrior®



## Self Assessment Quiz - How are your boundary skills?

### Our boundaries get crossed in many ways.

- When someone wants something OF us, FROM us, or WITH us that is not what we want.
- When someone doesn't listen to us or we feel disrespected. Or if we do or give something we wished we hadn't.
- When we're upset or angry because we feel taken advantage of, betrayed, or controlled in some way.

*(To answer these questions think in terms of most of the time. No one's grading you, so there's no right or wrong answer 😊.)*

1. Do you find yourself saying "yes" to things (or people) when you wish you could say "no"?  Yes  No
2. Do you struggle with conflict, feeling like you don't know how to bring something uncomfortable up?  Yes  No
3. Do you ever feel like you are too eager to please, play "nice", and have you felt "taken advantage of" in the past?  Yes  No
4. Do you ever feel like you say "yes" because you don't want to be accused of (or have been accused of) being selfish?  Yes  No
5. Are you often exhausted or drained?  Yes  No
6. Are there certain people (or types of people) in your life that you continually have difficulty with?  
 Yes  No
7. Have you ever been accused of being overly aggressive, mean, "bitchy", or hurtful?  Yes  No
8. Do you ever find yourself blaming the issues (or overwhelm) in your life on other people or outside circumstances?  Yes  No

9. Do you cut people out of your life that you care about instead of having a difficult conversation with them?  Yes  No
10. Do you feel like you don't have time or energy to pursue the things that you'd *like* to do or your wants or needs come last on your "to do" list?  Yes  No
11. Did you grow up with healthy role models in the area of boundaries?  
 Yes  No
12. Did you feel like it was OK to say what you didn't like/want when you were growing up, without fearing consequences?  Yes  No
13. Have you ever been told you were too angry, OR have you waited until you "couldn't take it anymore" and over-reacted?  Yes  No
14. Have you ever been in a relationship that you would describe as toxic or abusive in any way\*?  Yes  No
15. Have you been accused of being overly defensive or get your feelings hurt a lot?  Yes  No
16. Do you wonder what you'd do in a potentially dangerous situation?  
 Yes  No
17. Do you have a sense of what you need for self-care and take steps to make sure you have that (is self-care a priority)?  Yes  No
18. Have you struggled feeling OK being vulnerable, trusting others, and letting people get close to you?  Yes  No

Boundaries aren't only the thing we only use in a self-defense situation to keep a "bad guy" out; they are practices we set so that we have amazing on-purpose lives.

**They are the fluid 'give and take' of what works in relationships.**

**We set boundaries out of self-love.** We use them to support ourselves. Having hard boundaries all the time doesn't work.

**Boundaries: They keep unwanted stuff out, and keep great stuff IN! But make sure you haven't walled yourself in completely.**

*\*After an abusive or toxic relationship it's imperative to get help/assistance to uncover the conscious and subconscious patterns at work. We'll cover this generally- the area of boundaries- in this course. If you were in one of these types of relationships please seek help, it doesn't have to be this course, but your sanity matters to the world and me. **Ask for help.***