

EMOTIONAL BOUNDARY EVALUATION

We need boundaries in all of our relationships. Use this scale to measure whether your boundaries tend to be more rigid or more loose. Most of us tend to fall into one of these two categories for a variety of reasons. It's good to assess where we're starting from, to acknowledge the reality of our boundary issues and to take accountability to make changes if needed.

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| 1. | I tend to keep my emotions tightly controlled or hidden. | T | F |
| 2. | I have difficulty empathizing or showing compassion to others. | T | F |
| 3. | I see emotions as a sign of weakness. | T | F |
| 4. | It is challenging for me to ask for support or help. | T | F |
| 5. | No one, or almost no one, really knows me intimately. | T | F |

Individuals with rigid emotional boundaries often have a strong aversion to vulnerability and may struggle to express their feelings or empathize with others. Despite a desire for greater intimacy, they may have an intense fear of emotional intimacy, leaving them feeling detached, disconnected and alone. Their avoidance of intimacy will leave their partners feeling the same way. If you answered "true" any of the above questions, you may want to consider further exploration of how to create healthier boundaries.

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| 1. | I often absorb or internalize the emotions of others. | T | F |
| 2. | I feel compelled to fix others' problems or to say "no" to requests. | T | F |
| 3. | I am uncomfortable with conflict and will hide my true feelings. | T | F |
| 4. | I sacrifice my own well-being to attend to others' emotions. | T | F |
| 5. | I tend to overshare with people, or on social media. | T | F |

Individuals with loose emotional boundaries often have difficulty saying no and feel overly responsible for the emotional well-being of others, to their detriment. They will invite others to know them intimately without allowing for trust to build organically, making them vulnerable to being emotionally hurt. Social media is the perfect breeding ground for loose boundaries! If you are sharing everything with everyone, you're likely creating an unsafe environment in your partnership. If you answered "true" to any of the above questions, you may want to consider further exploration of how to create healthier boundaries.

Learn to connect more intimately and safely with your partner, and others, with the Boundary House. Listen to the guided Boundary House walk and schedule a free 15 minute consultation with us at www.boundaryhouses.com.

Maybe you discovered that your boundaries are overall fairly healthy. Great job! That is not an entirely easy skill to learn and employ in all of your relationships. Check out our website for intimacy improvement tips and coaching! Be sure to listen to the guided Boundary House walk and share with your family and friends.