

BOUNDARY PERSONALITY QUIZ

boundarypersonalityquiz.com Barbara Heffernan LCSW

What's your approach regarding giving advice?

- ☐ People often look to me for advice and I am usually direct in responding
- ☐ Once in awhile, I'm asked for advice and will give it. Once in awhile, I ask others for advice.
- ☐ When people ask for advice, I always try to say something nice no matter what I feel
- ☐ People often tell me their problems, and I listen and empathize rather than give advice.

Are you mainly a listener or a "sharer"? (choose which sentence describes you best)

- ☐ I frequently open up emotionally and then regret it later or question whether I shared too much
- ☐ I open up emotionally with a small group of trusted people
- ☐ I often find myself listening to others sharing emotionally, but rarely share myself
- ☐ I'd rather take care of my problems on my own

3. missing

When you are feeling overwhelmed... (which sentences describes you best)

- ☐ I sort through priorities and refocus; and I'll ask for help if needed
- ☐ I don't feel I can give up any of my responsibilities
- ☐ I'll hide it and still do someone else a favor
- ☐ I'll tend to focus on what might make someone else feel better, and neglect some of my other responsibilities

What do you mainly worry about? (choose which sentence describes you best)

- ☐ I worry about what other people are feeling and think about what to do to help
- ☐ I worry about what others are doing and think about how I can help
- ☐ I worry about what others think of me and adapt my behavior to have them like me
I focus primarily on what I can do about a problem and then I do it, asking for help

When you struggle with boundaries, what holds you back?

- ☐ The situation is complicated and I need to think through what I'd like
- ☐ Fears I will hurt the other person's feelings
- ☐ Fears I'm being selfish or I'll disappoint the other person
- ☐ Fears the other person will land in serious trouble

When struggling, which of the following emotions do you feel the most often?

- ☐ Self-doubt and Fear
- ☐ Irritation, Aggravation and Feeling Keyed Up
- ☐ Resentment and Anxiety
- ☐ Whatever Emotions I Feel My Loved Ones Are Feeling

When there is conflict

- ☐ I avoid asserting my own needs
- ☐ I usually feel I am the one who knows the best answer
- ☐ I look for a win-win, knowing I'll need to compromise sometimes and knowing not every issue can be resolved
- ☐ I feel compelled to calm everyone down

When you are working towards a goal... (choose which sentence fits you best)

- ☐ I'm uncomfortable if those close to me don't support it
- ☐ I make sure it won't inconvenience anyone
- ☐ I can get diverted if someone else is in a crisis, but I will then stay up all night if needed
- ☐ I find a reasonable balance between working hard, taking care of myself and fulfilling my obligations to others