

## BOUNDARY CHECKLIST

Circle or mark with a check, any boundary violations you have experienced or committed. Total each column and write your score at the bottom. If you have several marked in certain columns, you likely need to work on your boundaries in that area.

Physical	Sexual	Internal/Emotional
<ul style="list-style-type: none"> <li>• Touching without permission</li> <li>• Hitting</li> <li>• Standing too close</li> <li>• Allowing another to stand too close</li> <li>• Invading another's space or belongings</li> <li>• Not giving privacy in bathroom or bath</li> <li>• Reading another's mail, diary, or journal</li> <li>• Smoking</li> <li>• Exposing others to physical illness</li> <li>• Listening in on another's conversation</li> <li>• Inability to say "no" to physical contact</li> <li>• Accepting unwanted gifts</li> <li>• Self-abuse of any kind</li> <li>• Allowing yourself to be abused</li> <li>• Not noticing boundary violations</li> <li>• Eating from another's plate or drinking from their glass</li> <li>• Not practicing adequate selfcare</li> <li>• Allowing another to borrow any of your belongings without question</li> <li>• Throwing objects</li> <li>• Leaving my stuff in another's</li> </ul>	<ul style="list-style-type: none"> <li>• Engaging in unwanted sexual acts in order to please another</li> <li>• Forcing any sexual activity on anyone</li> <li>• Engaging in unsafe sexual practices</li> <li>• Demanding sexual practices that are unsafe</li> <li>• Exposing self or other to sexual behavior without permission</li> <li>• Being sexual in public</li> <li>• Staring/leering</li> <li>• Sexual jokes</li> <li>• Sexual innuendoes</li> <li>• Leaving out pornography</li> <li>• Commenting on another's body or appearance</li> <li>• Can't say "no" to sexual contact</li> <li>• Projecting desires on someone else</li> <li>• Answering inappropriate sexual questions</li> <li>• Being sexual for someone else instead of for yourself</li> <li>• Impulsive sexual behavior</li> <li>• Wearing no or inappropriate clothing in the presence of others</li> <li>• Asking sexual questions</li> <li>• Giving sexualized gifts</li> <li>• Being sexual only when under the influence of drugs or Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• Discounting another's reality or feelings</li> <li>• Raging at another</li> <li>• Shaming / humiliating another</li> <li>• Belittling</li> <li>• Interrogating</li> <li>• Lying or deceiving</li> <li>• Interrupting</li> <li>• Humor at another's expense</li> <li>• Sarcasm</li> <li>• Patronizing</li> <li>• Asking personal/sexual questions</li> <li>• Blaming/judging</li> <li>• Violating a confidence</li> <li>• Sharing too much right away</li> <li>• Answering for another</li> <li>• Accepting responsibility for another</li> <li>• Believing/trusting everyone</li> <li>• Allowing another to make decisions for you</li> <li>• Expecting others to mindread</li> <li>• Expecting you should be able to mind-read</li> <li>• Giving unsolicited advice</li> </ul>
Total: _____	Total: _____	Total: _____



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