

Put your boundaries in check

Many caregivers struggle with setting boundaries, even when the kinder thing to do would be to say, "no." If we take on more than we're capable of, it can hurt us and others, create unnecessary stress and be impossible to follow-through on.

Take the survey below. Rate the frequency level of each statement from 1 to 5.

1 (never) 2 (rarely) 3 (occasionally) 4 (often) 5 (usually)

- I say yes to things I don't want to do.
- I put the needs of others before my own.
- I am afraid to say no and disappoint others.
- I avoid confronting people.
- I have difficulty asking for what I want or need.
- I worry about what other people think of me.
- I let other people tell me what I should do.
- I stay in relationships that are harmful for me.
- I don't allow myself to be authentic around others.
- I tend to let others dominate conversations and interactions.
- It's difficult to know what I believe or think.
- I am afraid of being criticized.
- I have a hard time making decisions.
- I spend my time helping others more than myself.
- I need people to like me.
- I have a hard time standing up for myself.

If you answered with more 4's and 5's, this likely indicates boundary problems or issues. Keep in mind, this survey is meant to give you an overall picture. It's an opportunity to check in with yourself, see where you're at in your life and learn what you need to work on.

