

## Evaluate Boundary Strength

Think about where you struggle to set healthy boundaries. This could mean that your boundaries are too rigid (you keep people at a distance), too brittle (you open up too much), or there's some other problem that isn't so easily labeled.

**Where do you struggle to set healthy boundaries?** (e.g. relationships, work, home, self-care, etc.)

In the situation you listed above, how are your boundaries in each of the following categories? Add a check in the appropriate column for each boundary category.

Boundary Category	Brittle	Rigid	Healthy
Physical Boundaries			
Intellectual Boundaries			
Emotional Boundaries			
Sexual Boundaries			
Material Boundaries			
Time Boundaries			

Take a moment to imagine what it will be like when you begin to establish healthy boundaries. If your boundaries are too rigid, that might mean opening up. If they're brittle, it might mean setting limits and saying "no" when you don't want to do something.

## Boundary States

A person who always keeps others at a distance (whether emotionally, physically, or otherwise) is said to have *rigid boundaries*. Alternatively, someone who tends to get too involved with others has *brittle boundaries*.

Common traits of rigid, brittle, and healthy boundaries.		
Rigid Boundaries	Brittle Boundaries	Healthy Boundaries
<p>Avoids intimacy and close relationships.</p> <p>Unlikely to ask for help.</p> <p>Has few close relationships.</p> <p>Very protective of personal information.</p> <p>May seem detached, even with romantic partners.</p> <p>Keeps others at a distance to avoid the possibility of rejection.</p>	<p>Overshares personal information.</p> <p>Difficulty saying “no” to the requests of others.</p> <p>Overinvolved with others’ problems.</p> <p>Dependent on the opinions of others.</p> <p>Accepting of abuse or disrespect.</p> <p>Fears rejection if they do not comply with others.</p>	<p>Values own opinions.</p> <p>Doesn’t compromise values for others.</p> <p>Shares personal information in an appropriate way (does not over or under share).</p> <p>Knows personal wants and needs, and can communicate them.</p> <p>Accepting when others say “no” to them.</p>

Remember, the health of our boundaries can vary from one setting (work vs. home, etc.) and relationship (friend vs. coworker, etc) to another. By knowing where you are, you’ll be ready to begin moving toward healthier boundaries!