



BOUNDARY QUESTIONNAIRE



SMART
Family & Friends

True or False?

- _____ I loan money to my Loved One (LO), but often do not get repaid. *
- _____ I am supporting someone financially who should be able to support him/herself. *
- _____ My LO lies to me, covers up the truth of his/her activities. *
- _____ I fail to speak up when I am being treated poorly. *
- _____ I frequently agree to do things in order to keep the peace or to please others. *
- _____ My LO has been responsible for causing damage to, or theft of, my property. *
- _____ I give and give and give in this relationship — and in return, I get less and less and less. *
- _____ I don't give any thought to my own happiness.**
- _____ My LO sometimes disappears for long periods of time without making contact. *
- _____ I frequently feel angry in response to my LO's behaviors. *
- _____ I feel like I can't make plans because my LO is so unpredictable. *
- _____ My LO puts lives at risk by driving while under the influence. *
- _____ I can only be happy if my LO is doing well. Otherwise I'm anxious.**
- _____ My LO is emotionally unavailable much or all of the time.*
- _____ My LO does not accept responsibility for any household chores. *
- _____ I don't feel like I'm thriving, only surviving.**
- _____ My LO is verbally or physically abusive. *
- _____ My LO expects me to be a backup alarm for work/school if he/she oversleeps. *
- _____ My LO doesn't clean up after him/herself. *
- _____ My LO does not follow through on promises. *

* Your boundaries *may be* being crossed by another

** You *may be* crossing your own boundaries

