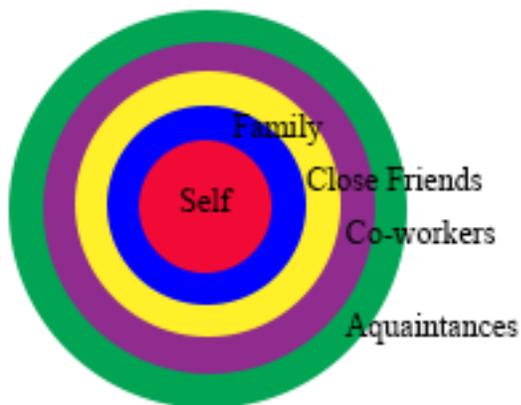


## Knowing Yourself

Fill in the row up to and including the column that correctly reflects your answer to each of the questions. For example; if you answer D to question 1, you would fill in the row for question 1 up to and including the column D is in. Keep this and re-do it as you practice saying no. As you are doing this, try to be honest with yourself. This is private and for your benefit. These answers are not your permanent answers and over time you can change them. This is nothing more than a starting point to measure your growth moving forward.

	<b>E</b> hardly true it at all	<b>D</b> Not Very True	<b>C</b> Somewhat True	<b>B</b> Mostly True	<b>A</b> definitely true
<b>1. I have the power to make choices for myself.</b>					
<b>2. I am both valuable and imperfect</b>					
<b>3. I continue to grow throughout my life</b>					
<b>4. How people see me or their opinion of my does not take away from my value as a person</b>					
<b>5. My life is better when I have relationships with cooperative and respectful people.</b>					
<b>6. My quality of life is diminished when I have relationships with uncooperative and disrespectful people.</b>					
<b>7. My I am no better or no worse than anyone else.</b>					
<b>8. Just because other contributions to society or my groups may be held in higher regard than mine, this does not add to or take away from the significance of my contribution.</b>					
<b>9. I enjoy watching other people's talent and can applaud them.</b>					
<b>10. I value life and operate from a sense of gratitude, not entitlement.</b>					
<b>11. I am able to face challenges and meet problems.</b>					
<b>12. I accept and befriend myself.</b>					
<b>13. I believe I contribute significantly to the good of others and the world.</b>					
<b>14. It is my right and privilege to own my feelings.</b>					
<b>15. Boundaries are necessary and appropriate.</b>					
<b>16. Boundaries do not violate love.</b>					
<b>17. Setting limits is necessary to keep relationships healthy and vital.</b>					
<b>18. I am not compelled to justify a boundary with apologetic explanations.</b>					

The second part to this week’s exercise is to create your boundary circles. Start with a circle to represent your most personal space. This is space you reserve for yourself and maybe some close relationships. Add circles around your personal circle to represent that various levels of space for each relationship type you have. Here is an example.



Using the table below, identify what types of actions or things you consider to be part of each category of boundaries.

Boundary	What is included in this category for you?
Physical Boundaries	
Intellectual Boundaries	
Emotional Boundaries	
Sexual Boundaries	
Material Boundaries	
Time Boundaries	
Other Boundaries	