

# How Are My Boundaries?

## What's working?

I feel confident about...

It's easy for me to make decisions that have to do with...

I feel clear and focused when...

It's not hard to be totally honest about...

I tend to feel willing about giving my time and energy to...

I really enjoy...

## What's NOT working?

I often feel guilty about....

I find that I second-guess my decisions about..

I'm so tired of...

Sometimes I pretend/am not totally honest about...

I feel resentful that I have to...

I hate how...