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BOUNDARIES INVENTORY LIST

Review the items below. Identify any traits you presently experience or have experienced within the past month.

Is often worried, anxious, or afraid	Feels defeated, deflated, or left out	Has difficulty having fun, being spontaneous	Doesn't feel happy, content, or at peace with themselves
Loses one's temper, experiences anger, bitterness or resentment	Is often disorganized	Feels hurried or pressured	Believes God has abandoned them
Feels overwhelmed, out of control	Experiences high blood pressure	Rejects compliments or praise	Is overbearing, overprotective
Experiences headaches	Feels envious, jealous	Appears rigid or controlled	Inability to concentrate
Believes God is unwilling, unloving, uninvolved	Begs, blames, badgers	Focuses all one's energy and time on other people or projects	Physically sick
Cares for other people's feelings or problems while neglecting their own (or that of their spouse, children)	Feels fatigue, lethargic	Seeks approval	Experiences chronic insomnia or sleeps too much
Experiences over or under eating	Addictions in one's life (alcohol, drugs, pornography, gambling, etc)	Doesn't trust other people	Gives rapid fire suggestions
Experiences crying spells	Offers unwanted advice	Feels helpless, hopeless, powerless	Unable to say what one wants or means
Feels sorry for oneself	Procrastinates/ Inability to complete or get things done	Is overly dependent	Doesn't trust oneself
Feels trapped	Doesn't love oneself	Takes things personally	Chronically depressed
Can be described as a people pleaser	Suffers in silence	Reacts or responds urgently or too quickly	Fears rejections
Finds it difficult to be alone	Believes the only way life will improve is if someone else changes	Experiences heart palpitations or panic attacks	Manipulates, bribes
Feels people take advantage of them, feels unappreciated	Believes other people are making them 'crazy'	Feels as if they need to take care of or rescue another	Frequently enters unhealthy relationships