

SOCIAL SPECTRUM-2

Setting boundaries and limits with others

Name _____

Date _____

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Please respond to the statements below with the appropriate response to the right.

Strongly Agree Agree Not Sure Disagree Strongly Disagree

1. I understand that I can choose to completely exclude anyone from my life that I want to	SA	A	NS	D	SD
2. It is up to me to exclude people that hurt me or set limits with them; no one will do that for me and no one should do that for me	SA	A	NS	D	SD
3. There are different types of harm I need to protect myself from; physical, emotional, sexual and whether someone makes it difficult for me to live responsibly	SA	A	NS	D	SD
4. Sometimes I may even need to set limits with people that are nice to me or have positive qualities	SA	A	NS	D	SD
5. I understand there are ways to set boundaries with people besides completely excluding them from my life	SA	A	NS	D	SD
6. I am able to emotionally distance myself from people – I can detach from someone who is hurting me when I need to	SA	A	NS	D	SD
7. Sometimes I protect myself from disappointment by changing what I expect out of another person	SA	A	NS	D	SD
8. I feel able to physically protect myself when I need to – through either some type of self-defense or by leaving dangerous situations	SA	A	NS	D	SD
9. I tend to do too many favors for some people or be too giving to people that hurt me	SA	A	NS	D	SD
10. I am able to set limits on other's being sexual with me; I can say no and mean it	SA	A	NS	D	SD
11. I don't always have to talk with certain people or talk about certain things. I can set limits in my conversations.	SA	A	NS	D	SD
12. Even though I may like some people, there are certain times I avoid having contact with them – such as if they are acting very angry or they are intoxicated	SA	A	NS	D	SD
13. I am able to express limits with others simply and firmly	SA	A	NS	D	SD
14. If the situation calls for it, I protect myself without having to explain it to someone else; I don't have to justify it if I don't want to	SA	A	NS	D	SD
15. I tend to get hurt by the same people over and over again	SA	A	NS	D	SD
16. I tend to get hurt in the same situations over and over again	SA	A	NS	D	SD