# **Self Assessment Questionnaire**

Self-Assessment (adapted from Marie Fortune, 1992). The following questions may be used to assess your own “at riskness” in violating ministerial boundaries.

**Rate each statement on a scale of 1-5**

**5=yes, almost always; 3= sometimes; 1= almost never**

1. **Personal History**

\_\_\_\_\_ Does my personal or family history include physical, emotional, or sexual abuse, alcohol and drug abuse, or other major family dysfunction?

\_\_\_\_\_ Am I taking steps to address these areas where I need healing?

1. **Psychosexual Integration**

\_\_\_\_\_ Are my personal relationships wholesome? That is, do I welcome and invite the presence of Christ into the whole relationship without hidden places “just for me”?

\_\_\_\_\_ Am I able to identify my emotional/sexual needs and meet them appropriately?

1. **Professional Self**

\_\_\_\_\_ Am I meeting my personal needs outside of my work setting?

\_\_\_\_\_ Do I accept and affirm the power inherent in my professional role?

\_\_\_\_\_ Am I aware of the effects of that power on those with whom I interact?

\_\_\_\_\_ Do I remain alert to my potential for violating boundaries due to that power?

\_\_\_\_\_ Am I aware of the consequences to me of my violating the boundaries of my ministerial relationships?

\_\_\_\_\_ Do I have a consultation or supervision setting in which I can discuss these questions?

1. **Marriage and Friendships**

\_\_\_\_\_ Do I have the kind of friendship with my spouse, or if not married a trusted person, with whom I can talk about my emotional, needs?

\_\_\_\_\_ Do I have the kind of friendship with my spouse, or if not married a trusted person, with whom I can talk about my sexual needs?

\_\_\_\_\_ Do I obtain outside help when relationship problems occur?

\_\_\_\_\_ Do I have a pastor to pastor me?