



Boundary archetype 101

Circle the archetype that feels most like you.

The Yes-Person

You like to please others, and you tend to say “yes” a lot. You might struggle to know what your boundaries are, so if someone comes to you with a big last-minute request, you might jump in to help—even if your plate is already over-full. You might worry about hurting others, missing out on opportunities, or being seen as unsupportive.

The Boot-Strapper

You’re a “do it yourself” type who tends to take a lot on and feel personally responsible for making things work out. Deep down, you may know what you need to feel balanced—but you struggle to ask for and accept help, even when others offer it freely.

The Freestyler

You’re a bit of a free-spirit, and you don’t like having boundaries placed on yourself—or anyone else for that matter! You might make commitments but struggle to follow through or execute them, which can create more work (and boundary violations) for others. Or you might procrastinate and avoid committing at all, so that others are left waiting.

The Controller

You have a natural need to take charge and naturally fall into boss mode. At times, this can make it hard for you to respect other people’s limits. In an attempt to get things done, you might ignore or overstep others’ boundaries—especially when they’re not stated explicitly.

The Persuader

You’re a natural salesperson, and you know how to win people over to your side. You’ve got big ideas you want to push through, so when you hear (or suspect) a “no,” instead of respecting the boundary, you might try to break it down through subtle persuasion, coaxing, or manipulation.

The Stabilizer

You have a well-developed sense of what you need to stay mentally and physically well, and for the most part, you’re able to balance personal needs with work, family, and community commitments. Like anyone, you may slip into overwork, yessing, or procrastinating at times—but you’re usually able to course correct before you burn out or over-burden someone else. You’re also fairly comfortable negotiating and saying “no,” as well as making reasonable requests of others.