

# Downloaded Boundary Blueprint Questions

Your downloaded boundary blueprint is a set of beliefs about the way boundaries should be expressed that you learned in your childhood.

Since everyone has a different experience, please take the time to answer these questions to gain clarity about your blueprint:

- Were people allowed to have privacy in the home you grew up in? (Were you allowed to close bedroom doors or bathroom doors? Could you have a private phone conversation?)
- Were you encouraged or discouraged to express your individual feelings, especially if they differed from the majority? (Were you allowed to differentiate from them?)
- Was it a family system where everyone knew what was going on in your life whether you wanted them to or not?
- Was there one person in the family system who was more controlling than everyone else? (Did you have a very domineering mother or father? Or you could also be dominated by a sibling, especially if they were an addict in some way. Did you have to sublimate your own desires and wishes because there's a greater problem to be solved?)
- Did your parents problem solve with calm conversation or with verbal or physical violence?

Awareness of your Downloaded Boundary Blueprint is the first step to better relationships and a happier life!