

# Boundaries Quiz

Here's a quiz designed to help assess the health of personal boundaries. It will give individuals insight into how well they are maintaining boundaries in various areas of their lives:

## How Healthy Are Your Boundaries?

For each question, choose the answer that best reflects your typical behavior or feelings

### 1. When someone asks you for a favor that you don't have time for, how do you typically respond?

- ☐ a) I immediately say yes, even if it inconveniences me.
- ☐ b) I hesitate but often agree out of guilt.
- ☐ c) I assess whether I have the time and energy, then respond accordingly.

### 2. How do you feel when others criticize you?

- ☐ a) I take it personally and feel hurt for a long time.
- ☐ b) I feel upset, but try to move past it quickly.
- ☐ c) I appreciate constructive criticism and let the rest go.

### 3. Do you often feel overwhelmed by the demands of others?

- ☐ a) Yes, almost all the time.
- ☐ b) Sometimes, but I manage.
- ☐ c) Rarely, I know when to say no.

### 4. How often do you find yourself doing things for others at the expense of your own needs?

- ☐ a) Frequently, I prioritize others over myself.
- ☐ b) Occasionally, but I try to balance.
- ☐ c) Rarely, I make sure my needs are met first.

### 5. How comfortable are you with saying "no" when necessary?

- ☐ a) I find it very difficult and rarely say no.
- ☐ b) It's uncomfortable, but I can do it sometimes.
- ☐ c) I am comfortable saying no when I need to.



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### 6. When you express your feelings, do you feel heard and respected?

- ☐ a) No, I often feel dismissed or ignored.
- ☐ b) Sometimes, depending on the person.
- ☐ c) Yes, I feel heard and respected most of the time.

### 7. How do you handle conflict in relationships?

- ☐ a) I avoid conflict at all costs, even if it means compromising my needs.
- ☐ b) I try to address the issue, but often struggle with confrontation.
- ☐ c) I handle conflict directly and assertively.

### 8. How often do you feel resentful toward others for taking advantage of you?

- ☐ a) Frequently, I feel people take advantage of my kindness.
- ☐ b) Sometimes, but I know I need to work on my boundaries.
- ☐ c) Rarely, I don't let others take advantage of me.

### 9. How do you handle other people's problems or emotions?

- ☐ a) I often take on their problems as my own and feel responsible for solving them.
- ☐ b) I feel empathy but sometimes struggle with setting emotional boundaries.
- ☐ c) I offer support but maintain a healthy emotional distance.

### 10. When making decisions, whose opinion do you prioritize?

- ☐ a) I usually let others influence my decisions.
- ☐ b) I consider others' opinions but try to make the final decision for myself.
- ☐ c) I prioritize my own values and needs when making decisions.



# Boundaries Quiz Scoring

**Mostly A's:** Your boundaries may need some attention. You tend to prioritize others over yourself, which can lead to burnout, resentment, and emotional exhaustion. Consider working on assertiveness and self-care. It's important to learn how to set boundaries and say "no" when necessary. Here are some steps:

- Practice self-awareness: Identify what feels uncomfortable or draining.
- Start small: Practice setting small boundaries in low-stakes situations.
- Seek support: Consider working with a therapist or counselor to build skills in assertiveness and boundary-setting.

**Mostly B's:** You may struggle with balancing your own needs with the needs of others. Learning to say "no" more confidently can help you feel more in control. You may be struggling with boundary-setting in specific areas of your life, such as relationships or work. Learning to assert yourself and set clear limits is important for maintaining emotional health. Recommendations:

- Reflect on areas where you feel overextended or resentful.
- Communicate your needs clearly to others.
- Work on letting go of guilt when you say "no" or prioritize yourself.

**Mostly C's:** You're on your way to having healthy boundaries, but there may still be areas that need attention. You are becoming more comfortable with asserting your needs but might still feel some guilt or discomfort. Keep up the good work and continue to nurture these boundaries. Next steps:

- Continue practicing assertive communication.
- Pay attention to your emotional triggers and reinforce boundaries when needed.
- Learn to accept that setting boundaries is healthy, even if others don't always agree.

