



Boundaries Quiz





Boundaries

Do you have healthy relationship boundaries?

Instructions: Answer each question honestly. Choose the response that best reflects your typical behavior.

Physical Boundaries

1. When someone stands or sits very close to you, how do you typically respond?

- A) I feel uncomfortable but don't say anything.
- B) I politely ask for more space if needed.
- C) I don't notice or care much.

2. If a loved one frequently initiates physical affection that you are uncomfortable with, how do you handle it?

- A) I allow it, even if I feel uneasy.
- B) I express my comfort levels and set limits.
- C) I withdraw and avoid physical closeness.

3. How do you feel about public displays of affection (PDA)?

- A) I go along with it even if it makes me uncomfortable.
- B) I communicate my comfort level to my partner.
- C) I avoid all forms of PDA completely.

Emotional Boundaries

4. How often do you feel like you “absorb” the emotions of those around you?

- A) Almost always—I feel what others feel as if it's my own.
- B) Sometimes, but I remind myself that their emotions are separate from mine.
- C) Rarely—I stay emotionally detached from others.

5. A friend vents to you about their problems and expects you to fix them. What do you do?

- A) I take on their problems and feel responsible for solving them.
- B) I offer support but recognize their issues are theirs to handle.
- C) I avoid talking about their problems altogether.

6. How do you respond when someone disregards your feelings?

- A) I let it slide to keep the peace.
- B) I assertively communicate how I feel.
- C) I shut down emotionally.



Material Boundaries

7. A friend frequently borrows your things but doesn't return them. What do you do?

- A) I feel resentful but don't say anything.
- B) I set a clear boundary and let them know I expect my items returned.
- C) I don't mind—I believe in sharing freely.

8. A coworker asks to borrow money, but you feel uncomfortable with it. How do you respond?

- A) I give them the money, even though I don't want to.
- B) I politely decline, explaining I have personal financial boundaries.
- C) I refuse to lend money to anyone, no matter what.

9. How do you handle requests to share personal belongings?

- A) I say yes even if I don't want to.
- B) I assess each request and set clear limits.
- C) I avoid lending anything to anyone.

Intellectual Boundaries

10. When someone disagrees with you strongly, how do you react?

- A) I feel personally attacked and either shut down or argue.
- B) I listen and respectfully express my opinion.
- C) I avoid discussing my opinions to keep the peace.

11. You share an opinion, and someone mocks or belittles you for it. What do you do?

- A) I feel embarrassed and avoid speaking up in the future.
- B) I calmly assert my right to express my opinion.
- C) I lash out and retaliate with a personal attack.

12. If someone dismisses your beliefs or opinions, how do you respond?

- A) I keep quiet to avoid conflict.
- B) I assertively restate my perspective.
- C) I cut them off completely.



Time Boundaries

13. You're feeling overwhelmed with commitments, but someone asks for a favor. What do you do?

- A) I say yes, even though I don't have time.
- B) I assess my availability and say no if needed.
- C) I always say no to protect my time.

14. You've set aside time for self-care, but a friend wants to make last-minute plans. What do you do?

- A) I cancel my self-care plans and say yes.
- B) I politely decline and stick to my plans.
- C) I ignore their request without responding.

15. How do you handle work-life balance?

- A) I prioritize work over everything else.
- B) I set clear boundaries to balance work and personal life.
- C) I avoid work responsibilities as much as possible.

Scoring & Reflection

- **Mostly A's:** You may struggle with setting boundaries and often prioritize others' needs over your own. Consider practicing assertive communication and recognizing your own needs.
- **Mostly B's:** You have healthy boundaries! You are able to balance your own needs with respecting others. Keep reinforcing these habits.
- **Mostly C's:** Your boundaries may be too rigid, making it hard to connect with others. Consider ways to allow flexibility while still maintaining self-respect.

Want to improve your boundaries?

Start small by identifying one area where you can set clearer limits and communicate your needs more openly!