



# *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!

Looking for deeper support around boundaries, relationships, anxiety, or trauma?

Learn more about therapy with [\*\*Amanda Freeman, PhD.\*\*](#)