

## BOUNDARIES QUIZ

INSTRUCTIONS: READ EACH STATEMENT AND CHOOSE THE OPTION THAT BEST DESCRIBES YOUR BEHAVIOUR OR FEELINGS.

**1. When someone asks me to do something I don't want to do, I:**

- A) Always say yes, even if it inconveniences me.
- B) Sometimes say yes, even when I want to say no.
- C) Feel comfortable saying no if it's not something I want to do.

**2. I often find myself:**

- A) Putting others' needs before my own.
- B) Balancing my needs with the needs of others.
- C) Prioritizing my own needs and setting boundaries.

**3. When someone crosses a boundary I've set, I:**

- A) Ignore it and let it happen.
- B) Feel upset but don't say anything.
- C) Communicate my feelings and reinforce the boundary.

**4. I feel guilty when:**

- A) I prioritize my needs over others'.
- B) I say no to someone's request.
- C) I maintain my boundaries and take care of myself.

**5. I feel comfortable saying:**

- A) I'm sorry, even when I haven't done anything wrong.
- B) No, when it's necessary for my well-being.
- C) Thank you, when someone respects my boundaries.

**6. I often:**

- A) Feel overwhelmed by others' demands.
- B) Struggle to find a balance between helping others and taking care of myself.
- C) Feel empowered by setting and maintaining my boundaries.

**7. I believe that:**

- A) Setting boundaries is selfish.
- B) Setting boundaries is important but challenging.
- C) Setting boundaries is essential for my well-being and relationships.

**8. I communicate my boundaries:**

- A) Rarely or never.
- B) Sometimes, but not consistently.
- C) Clearly and consistently.

**9. I often:**

- A) Feel taken advantage of by others.
- B) Feel unsure about when and how to set boundaries.
- C) Feel respected and valued in my relationships.

**10. I understand that:**

- A) I am responsible for others' happiness.
- B) I am responsible for my own happiness and well-being.
- C) Everyone is responsible for their own happiness and well-being.

**Scoring:**

- **Mostly A's:** You may have difficulty setting and maintaining boundaries. Hopefully by completing this *Setting & Maintaining Boundaries Workshop*, and filling in your own *personal boundary action plan*, you will feel more assertive and learn techniques to set healthy boundaries. It is advised that you come back to this workshop and plan periodically as you develop the skill of identifying and holding boundaries.
- **Mostly B's:** You have some skills in setting boundaries, but there is room for improvement. Hopefully by completing this *Setting & Maintaining Boundaries Workshop*, and filling in your own *personal boundary action plan*, you will continue to build your confidence and communication skills to set and maintain healthy boundaries.
- **Mostly C's:** You are good at setting and maintaining boundaries. Keep up the good work and continue practicing assertiveness and communication skills to maintain healthy boundaries. This *Setting & Maintaining Boundaries Workshop* will support you to clearly identify the boundaries that are important to you and support you to continue maintaining these in a clear and effective way.

I hope this quiz helped you to gain insight into your boundary-setting habits and encourages you to develop healthier boundaries in your professional and personal lives, through our workshop and action plan.