

BOUNDARY STYLE QUIZ

Discover Your Natural
Boundary Style and Its
Impact on Your Relationships



Instructions:

For each statement, select the response that best describes how you typically behave in relationships. Be honest to get the most accurate results.

Scoring Scale:

- **Always: 4 points**
- **Often: 3 points**
- **Sometimes: 2 points**
- **Rarely: 1 point**
- **Never: 0 points**

Statements

1. I find it easy to say no to others when I need to.
2. I often feel responsible for other people's feelings and problems.
3. I clearly communicate my needs and expectations to others.
4. I feel guilty when I prioritize my needs over others'.
5. I respect others' boundaries and understand when they say no.
6. I often agree to things I don't want to do to avoid conflict.
7. I maintain my personal space and privacy, even with close friends and family.
8. I feel comfortable expressing my opinions and feelings, even if they differ from others'.
9. I often overextend myself to help others, even when it negatively impacts me.
10. I feel comfortable addressing and resolving conflicts directly.
11. I tend to let others make decisions for me to keep the peace.
12. I ensure that my relationships are reciprocal and balanced.
13. I have a hard time distinguishing my emotions from those of others.
14. I can firmly uphold my boundaries without feeling the need to explain myself.
15. I often change my plans to accommodate others, even if it inconveniences me.

Scoring

- Add up your points from each response to calculate your total score.
- The maximum score is 60 points.

Results

0-15 Points: Diffuse Boundaries

- Your boundaries are very loose or unclear. You may struggle with saying no, feel overly responsible for others, and find it hard to maintain your needs and personal space.
 - Challenges: Overwhelm, feeling taken advantage of, burnout.
 - Tips:
 - Start small by setting one clear boundary.
 - Practice saying no without guilt.
 - Recognize that you are not responsible for others' happiness.
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16-30 Points: Porous Boundaries

- Your boundaries are somewhat flexible but inconsistent. You may prioritize others at your own expense and struggle with maintaining privacy and space.
- Challenges: Overextending yourself, difficulty prioritizing your needs.
- Tips:
 - Identify your personal needs and communicate them clearly.
 - Notice when you are overextending yourself and take steps to recharge.

31-45 Points: Balanced Boundaries

- You have healthy boundaries. You can say no when necessary, communicate your needs, and respect others' limits. Your relationships are generally balanced and reciprocal.
 - Strengths: Clear communication, mutual respect, balanced relationships.
 - Tips:
 - Continue to uphold your boundaries and communicate openly.
 - Address any situations where you feel discomfort to maintain balance.
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46-60 Points: Rigid Boundaries

- Your boundaries are very strict, which can protect you but may also isolate you or limit deeper connections.
- Challenges: Isolation, difficulty forming close relationships.
- Tips:
 - Identify areas where you can soften your boundaries.
 - Practice vulnerability in safe environments to build trust.