

BOUNDARY STYLE

QUIZ

This quiz is designed to help you understand your approach to setting boundaries in different areas of your life.

For each statement, choose the response that most accurately reflects your behavior in relationships.

Answer honestly for the best results.

After completing the quiz, total your points to uncover your boundary style and learn how you can strengthen or adjust your boundaries where needed.



BOUNDARY STYLE QUIZ

RESPONSES

ALWAYS (4 POINTS), OFTEN (3 POINTS), SOMETIMES (2 POINTS),
RARELY (1 POINT), NEVER (0 POINTS)

INSTRUCTIONS

For each statement, choose the response that best describes how you typically behave in your relationships. Be as honest as possible for the most accurate results. Add up your points for each statement to get your total score.

STATEMENTS

I find it easy to say no to others when I need to.

I often feel responsible for other people's feelings and problems.

I clearly communicate my needs and expectations to others.

I feel guilty when I prioritize my needs over others'.

I respect others' boundaries and understand when they say no.

I often agree to things I don't want to do to avoid conflict.

I maintain my personal space and privacy, even with close friends and family.

I feel comfortable expressing my opinions and feelings, even if they differ from others'.

I often overextend myself to help others, even when it negatively impacts me.

I feel comfortable addressing and resolving conflicts directly.

I tend to let others make decisions for me to keep the peace.

I ensure that my relationships are reciprocal and balanced.

I have a hard time distinguishing my emotions from those of others.

I can firmly uphold my boundaries without feeling the need to explain myself.

I often change my plans to accommodate others, even if it inconveniences me.



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0-15 Points: Diffuse Boundaries

You tend to have very loose or unclear boundaries. You may struggle with saying no, feel overly responsible for others, and have difficulty maintaining your own needs and space. This can lead to feelings of being overwhelmed, taken advantage of, and burnout.

Practice asserting your needs, saying no without guilt, and recognizing that you are not responsible for others' happiness. Start small by setting and maintaining one clear boundary at a time.

16-30 Points: Porous Boundaries

You have somewhat flexible boundaries but may struggle with consistency. You might often accommodate others at the expense of your own needs and find it challenging to maintain personal space and privacy.

Work on identifying your own needs and priorities, and practice communicating them clearly. Learn to recognize when you are overextending yourself and take steps to pull back and recharge.

31-45 Points: Balanced Boundaries

You generally have healthy boundaries. You can say no when necessary, communicate your needs clearly, and respect others' boundaries. Your relationships tend to be balanced and reciprocal.

Continue to uphold your boundaries and communicate openly. Pay attention to any situations where you might still feel uncomfortable and address them proactively.

46-60 Points: Rigid Boundaries

You have very strict boundaries and may struggle to let others in. While this can protect you from being hurt, it can also lead to isolation and difficulties in forming close relationships.

Consider areas where you might be able to soften your boundaries slightly to allow for deeper connections. Practice vulnerability in safe, controlled environments to build trust and openness.