

Quiz

Are your boundaries too weak or too rigid?



Boundaries serve as limits, telling others how we want to be treated and what we're each responsible for. They create a separation between you and others so you can maintain your individuality.

Boundaries can be physical, emotional, spiritual and many more. They can also range from being weak to rigid, with healthy boundaries often falling somewhere in between. Are your boundaries too weak or too rigid? Either can cause problems.

When we talk about boundary problems, we are usually referring to boundaries that are too weak – boundaries that don't provide enough protection and separation. When we have rigid boundaries however, we create too much space between ourselves and others. A rigid boundary is like a big, strong wall. It feels safe (walls are good protection), but it keeps everyone out, so we can easily become isolated and disconnected.

This Boundaries Quiz is to support you to see if you have healthy boundaries currently, or if your boundaries are too weak or too rigid. To start this quiz first close your eyes and picture who are the 3 closest people to you. Then develop a word that describes how you feel about the relationship.

Then, read each statement below and check the one's that fit for these 3 close relationships that you identified. Be sure to answer with your initial gut response, without over-thinking your answers too much.

Read each statement below and check the ones that are true for you. Be sure to answer honestly and without judgment. This quiz is to help you decide if you need to make changes in your current boundary setting, not to be an exercise in self-criticism!

Weak boundaries or no boundaries:

- ___ I put the needs and wants of others before my own.
- ___ I agree with others to avoid conflict, even though I feel resentful later.
- ___ I find myself unable to say “no” when I’m uncomfortable with doing something.
- ___ I’m afraid to say “no” out of fear or guilt.
- ___ I allow others to speak for my time.
- ___ I find myself accepting poor treatment from others even when I said I wouldn’t.
- ___ I find myself doing more than my share of the workload.
- ___ I try to “fix” other people’s problems.
- ___ I attempt to control other people.
- ___ I don’t trust myself or others.
- ___ **Total Number Checked**





Healthy Boundaries:

- ___ I'm able to set personal boundaries that protect my body, my energy, my time, and my other resources (material, financial, emotional, social) without feeling guilty, fearful, or stressed.
- ___ I can comfortably express my true feelings regardless of their nature.
- ___ I'm comfortable with other people expressing their emotions.
- ___ I'm able to respect others for who they are and do not attempt to change or "fix" them.
- ___ I understand that conflict is a natural part of intimate relationships and even though it may not be enjoyable, I don't avoid it.
- ___ I'm willing to end a relationship rather than continue to allow the other person to hurt me.
- ___ I respect other people's feelings, needs, and preferences, but don't feel the need to always defer to them.
- ___ I'm able to make my own decisions and look out for my interests while taking others perspectives into account.
- ___ I'm not afraid to disappoint or anger others by stating my opinion.
- ___ I take responsibility for my own feelings and don't take responsibility for others' feelings.
- ___ **Total Number Checked**

Rigid Boundaries:

- ___ I feel frustrated when people don't view things the same way that I do.
- ___ I have a tough time acknowledging and expressing my feelings and rarely consider the feelings of others.
- ___ I often use anger and/or intimidation to get my way.
- ___ I keep people at an emotional distance.
- ___ I am uncomfortable with physical contact unless I initiate it, and even then it needs to be on my terms.
- ___ I criticize others when they don't do things according to my plan.
- ___ I refuse to "play" if things aren't done according to my rules, plans, or desires.
- ___ I become very upset if anyone borrows something of mine, even if they ask first.
- ___ I always expect something in return for my help or generosity.
- ___ I infrequently invite people into my "space" (home, office, physical)
- ___ **Total Number Checked**





Now total the number of checks you made under each category to determine what type of personal boundaries you are currently setting; be it that they are weak, healthy or rigid. Whichever category you checked the most items in determines the type of boundaries you currently have.

Do your best to be accepting of where you are at and recognize that it is okay. Do you need to make some adjustments to your personal boundaries to be make them more balanced and healthy? Remember that you are doing the best you can and that you can work on your boundaries and make changes.

With that, ask yourself, do you want to make some adjustments to your personal boundaries to make them more balanced and healthy?

A person with healthy personal boundaries often understands their own preferences and doesn't compromise them. They don't tend to overshare personal information or cater to the needs of others in any way that undermines their own integrity.

Someone with weak personal boundaries might seem like they're eager to please others, or might compromise their own comfort for the satisfaction of others. They might fear rejection if they do not comply with others, and might have a hard time saying no.

When we have rigid boundaries, we create too much space between ourselves and others. A rigid boundary is like a big, strong wall. It feels safe (walls are good protection), but it keeps everyone out, so we become isolated and disconnected.