




THE BOUNDARY LAB



THE QUIZ

HOW DO YOU KNOW
WHEN IT'S TIME TO
PUT A BOUNDARY IN
PLACE?
TAKE OUR QUIZ AND
FIND OUT WHERE
YOU STAND.

THE QUIZ

KNOWING WHEN TO PUT A BOUNDARY IN PLACE

INSTRUCTIONS: RATE HOW MUCH YOU RELATE TO THE
FOLLOWING STATEMENTS

1. Which of the following feelings might indicate that it's time to set a boundary?

- a) Energized and motivated
- b) Resentful and exhausted
- c) Calm and content
- d) Indifferent and detached

2. You consistently feel drained after spending time with a certain person. What does this suggest?

- a) You need to spend more time with them to improve the relationship
- b) You may need to set a boundary to protect your energy
- c) You are being overly sensitive
- d) You need to ignore these feelings and push through

3. True or False: If you feel obligated to say "yes" to avoid conflict, it's a sign you need to set a boundary.

4. What is a red flag that you're overextending yourself and need to establish boundaries?

- a) You feel joy in helping others
- b) You regularly cancel your own plans to meet others' demands
- c) You balance your needs with those of others
- d) You feel appreciated for your efforts

5. When someone repeatedly violates your personal space, time, or energy, what should you consider doing?

- a) Ignoring the behavior to keep the peace
- b) Accepting that this is how they are
- c) Setting a clear boundary to protect yourself
- d) Avoiding the person without explanation

6. Which of the following thoughts might indicate it's time to set a boundary?

- a) "I enjoy doing this and don't mind the extra effort."
- b) "I can't believe they're taking advantage of me like this."
- c) "I'm doing this because it aligns with my values."
- d) "This feels rewarding and fulfilling."

7. If you notice your stress levels rising because of constant interruptions or demands, what should you consider?

- a) Ignoring the stress and carrying on
- b) Setting a boundary to reclaim your time and focus
- c) Taking on even more responsibilities to distract yourself
- d) Blaming others for your stress

8. True or False: Feeling guilty about saying "no" means you should avoid setting boundaries.

(Correct Answer: False)

9. You feel stuck in a cycle of always giving but rarely receiving. What might this signal?

- a) You're being selfless and should keep it up
- b) You need to prioritize others even more
- c) It's time to establish boundaries to create balance in your relationships
- d) You're imagining the imbalance

10. How can you recognize that a boundary is necessary to reclaim your peace?

- a) When you feel consistently disrespected or undervalued
- b) When others seem happy and content with your sacrifices
- c) When you have too much free time and want more challenges
- d) When everyone else is telling you to set boundaries

*TALLY YOUR RESPONSES AND
CHECK YOUR SCORE WITH THE
ANSWER KEY BELOW*

Answer Key:

- 1. B
- 2. B
- 3. True
- 4. B
- 5. C
- 6. B
- 7. B
- 8. False
- 9. C
- 10. A

Scoring:

- 8-10 Correct: You have a strong awareness of when boundaries are needed to protect your peace and reclaim your life.
- 5-7 Correct: You recognize the signs but might need to act on them more consistently.
- 0-4 Correct: Take time to reflect on how your feelings and experiences signal the need for boundaries. You deserve peace and balance in your life!