



Set Strong Boundaries Exploration Quiz



How many of these sound like you? Put Y for Yes, N for No, S for Sometimes!
Put a star beside the three statements that resonate most strongly with you...

- ☐ 1. You say yes to things you don't really want to do.
- ☐ 2. You worry about disappointing people and often put their needs ahead of your own.
- ☐ 3. You find it difficult to say no, even when you're already stretched.
- ☐ 4. You avoid disagreeing with people or expressing a different opinion.
- ☐ 5. You overgive and overdeliver even when you know it doesn't make sense.
- ☐ 6. You feel responsible for keeping other people happy.
- ☐ 7. You can feel resentful and pressured after agreeing to help someone.
- ☐ 8. You sometimes feel taken for granted, unappreciated or taken advantage of.
- ☐ 9. You feel guilty or selfish when you put yourself first.
- ☐ 10. You feel you always need to be friendly, cheerful or accommodating.
- ☐ 11. You rarely stop to ask yourself what you want.
- ☐ 12. You continue giving even when your efforts aren't appreciated or reciprocated.
- ☐ 13. You feel guilty when you pull back from a relationship or commitment.
- ☐ 14. You feel uncomfortable asking for what you need.
- ☐ 15. You know your boundaries have been crossed but don't say anything.
- ☐ 16. You keep helping or supporting long after your goodwill has run out.
- ☐ 17. You find yourself giving more than feels comfortable because you don't want to let people down.
- ☐ 18. It's hard for you to protect your time and energy without feeling bad.
- ☐ 19. Your mind attacks you unchecked when things aren't going the way you want or feel they should.
- ☐ 20. You struggle with self-worth and self-compassion even when you can extend those to others.

Set Strong Boundaries

Here are your results:



0-4 YES answers

Your boundaries are generally working well. There may be a few situations where you could be clearer about your needs, but overall you're doing a good job of looking after yourself.

5-9 YES answers

Some of your boundaries may be getting stretched. You may occasionally find yourself overcommitting, feeling guilty, or putting other people's needs ahead of your own.

10-14 YES answers

Weak boundaries are likely creating stress, frustration or resentment in your life. Strengthening them could have a significant impact on your wellbeing, relationships and energy levels.

15-20 YES answers

People-pleasing patterns may be having a major influence on your life. You may be giving too much, saying yes when you mean no, and neglecting your own needs in the process. The good news is that these patterns can be changed.

What Next?

Here are some ideas to help you continue exploring, gaining clarity and creating healthier boundaries.

Journaling, writing and self-reflection

Take some time to explore your current situation. Where are your boundaries being challenged? What patterns keep showing up? What thoughts, feelings or memories get triggered?

Set Strong Boundaries

Here are your results:



What next? (cont.)

EFT Tapping and Energy Work

Use EFT Tapping, energy work or other healing approaches to clear old emotional patterns and create new possibilities. You can do this on your own or with the support of a coach, therapist or trusted friend.

Inner Child and Parts Work

Many boundary challenges have roots in earlier experiences. Exploring and healing these parts of yourself can bring greater understanding, self-compassion and freedom of choice.

Would you like personalised support?

If you'd like help strengthening your boundaries, I'd love to meet you. You're welcome to book a free 30-minute Discovery Call where we can explore your situation, talk about EFT Tapping and coaching, and see whether working together feels like a good fit.

→ Book Your [Free Discovery Call](#)

