

A Self-Reflection Quiz

Exploring Your Boundaries



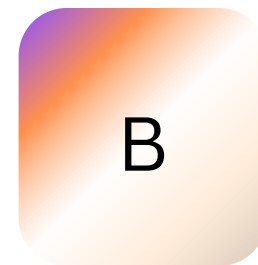
Select the option that feels most true or familiar to you

1. When someone upsets me, I usually...



A

Keep the peace and avoid saying anything



B

Get anxious and try to fix things quickly, even if I'm not sure how



C

Pause and consider what I'm feeling before deciding how to respond

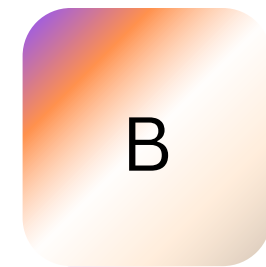
Select the option that feels most true or familiar to you

2. In close relationships, I tend to...



A

Hide parts of myself or stay quiet to avoid conflict



B

Take responsibility for others' feelings or try to make things okay



C

Share openly, and respect both my own and others' boundaries

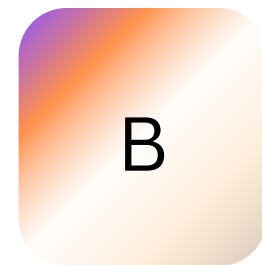
Select the option that feels most true or familiar to you

3. When someone needs support, I...



A

Struggle to show up consistently, even when I care



B

Drop everything and step in, even if it costs me



C

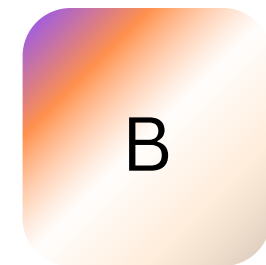
Offer what I genuinely can, without overextending myself

Select the option that feels most true or familiar to you

4. I feel most uncomfortable when...



I'm asked to express what I want or need



I can't help or fix someone's situation



There's tension, but I know it's okay to sit with discomfort

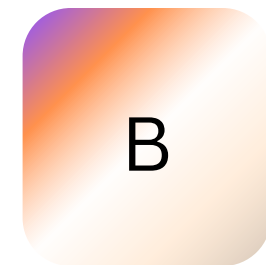
Select the option that feels most true or familiar to you

5. When it comes to emotional needs...



A

I often don't know what mine are



B

I tend to focus more on others' needs than my own



C

I try to understand and voice my needs with honesty

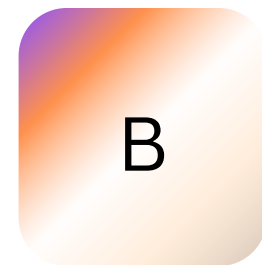
Select the option that feels most true or familiar to you

6. How easily can I tell the difference between my needs and others' expectations?



A

It's confusing—I often prioritise others without realising



B

I notice the pull, but it's a work in progress



C

I can usually tell and honour what's mine

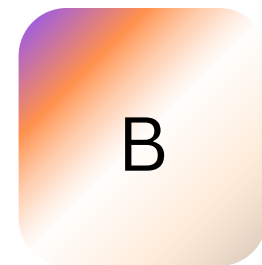
Select the option that feels most true or familiar to you

7. How do I feel after saying “yes” to something I didn’t want to do?



A

Drained or resentful—it happens a lot



B

Frustrated, but I’m learning to notice it more



C

Clear—I rarely say yes to things that don’t feel right

Mostly A – Under-expressing

You may tend to hide your voice or needs in relationships.

You might struggle with self-expression or people-pleasing, often staying quiet to keep the peace. There's an opportunity to explore your needs and develop safe, honest expression.

Mostly B – Over-functioning

You might over-give, over-manage, or step in quickly to ‘make things better’. It’s worth noticing where you may take on too much responsibility, and how you can support others without abandoning yourself.

Mostly C – Mutually Nourishing

You’re building relationships rooted in mutual respect, honest communication, and healthy boundaries. This doesn’t mean it’s perfect, but there’s awareness and intention guiding how you show up.