

Name _____

Boundaries: Building Strong Foundations in Relationships

Multiple Choice Questions

1. What do boundaries in relationships help establish?
 - a) Control over the other person
 - b) A sense of safety and comfort
 - c) A lack of respect
 - d) A competitive environment

2. Why is self-awareness important when setting boundaries?
 - a) To control the other person's actions
 - b) To understand your values, needs, and limits
 - c) To avoid communicating openly
 - d) To create confusion in the relationship

3. What type of boundary involves personal space and physical touch?
 - a) Emotional boundaries
 - b) Social boundaries
 - c) Physical boundaries
 - d) Intellectual boundaries

4. How can boundaries be maintained in relationships?
 - a) By allowing occasional boundary violations
 - b) By staying consistent and practicing self-care
 - c) By not enforcing consequences for boundary violations
 - d) By avoiding self-awareness

5. In which type of relationship might boundaries involve privacy within the home and individual autonomy?
 - a) Work relationships
 - b) Family relationships
 - c) Romantic relationships
 - d) Competitive relationships

