

Name _____

Building Better Relationships: The Power of Healthy Boundaries

Multiple Choice Questions

1. What are boundaries in relationships?
 - a) Walls that keep people out
 - b) Rules that define personal space, emotions, and limits
 - c) Something you don't need in friendships
 - d) Lines drawn on paper

2. Why are boundaries important in relationships?
 - a) They make relationships more complicated
 - b) They protect your well-being and maintain respect
 - c) They are only for adults
 - d) They don't serve any purpose

3. What is an example of an emotional boundary?
 - a) The distance between you and your friend
 - b) Setting aside time for a hobby you enjoy
 - c) Expressing your feelings in a healthy way
 - d) Sharing personal belongings

4. How can you set boundaries in relationships?
 - a) By avoiding any communication
 - b) By identifying your discomfort and communicating it clearly
 - c) By ignoring others' feelings
 - d) By always saying yes to everything

5. What should you do if you find yourself in a toxic relationship?
 - a) Stay in the relationship and hope it gets better
 - b) Seek support and distance yourself if necessary
 - c) Blame the other person for everything
 - d) Ignore the toxicity and carry on as usual

