

Name _____

Setting Boundaries: Building Healthy Relationships

Multiple Choice Questions

1. What are boundaries in a relationship?
 - a) Walls that keep people away.
 - b) Guidelines that define acceptable and unacceptable behavior.
 - c) Decorations to make relationships more colorful.
 - d) Rules to control others.

2. Which type of boundary defines your personal space and physical comfort?
 - a) Emotional boundary.
 - b) Personal boundary.
 - c) Physical boundary.
 - d) Respectful boundary.

3. Why are boundaries important in relationships?
 - a) To control and manipulate others.
 - b) To show respect, improve communication, and prevent conflicts.
 - c) To avoid setting limits on oneself.
 - d) To ignore the feelings of others.

4. What is one way to establish and communicate boundaries effectively?
 - a) Use vague language.
 - b) Be unclear and ambiguous.
 - c) Use "I" statements and be clear and specific.
 - d) Avoid expressing boundaries altogether.

5. How can respecting others' boundaries contribute to healthier relationships?
 - a) It can't; it only creates problems.
 - b) It helps build mutual understanding and empathy.
 - c) It makes you appear weak and passive.
 - d) It forces others to do what you want.

