

Test name: Boundaries**Question 1 of 20**

A Boundary is a healthy limitation.

- A) True
- B) False

Question 2 of 20

Saying NO is normal and expected in healthy relationships.

- A) True
- B) False

Question 3 of 20

Jesus often told people NO.

- A) True
- B) False

Question 4 of 20

The Bible says to guard things that are important.

- A) True

B) False

Question 5 of 20

If someone is mad at me I should also get mad when I have to set a boundary.

A) True

B) False

Question 6 of 20

If I need time to process information, or have to slow down, I am being selfish.

A) True

B) False

Question 7 of 20

Other people are selfish if they tell me to wait.

A) True

B) False

Question 8 of 20

What I need out of this life is not important if I am a Christian.

A) True

B) False

Question 9 of 20

Healthy Boundaries promote respect and honor for everyone.

- A) True
- B) False

Question 10 of 20

Disappointment is a normal part of life. I can not always please everyone, nor can they always please me.

- A) True
- B) False

Question 11 of 20

It is my responsibility to communicate my needs to others.

- A) True
- B) False

Question 12 of 20

I should feel guilty (or ashamed) if others are disappointed in me.

- A) True
- B) False

Question 13 of 20

If someone touches me in a way that makes me feel uncomfortable, I should not say anything if I don't want to make them mad.

- A) True
- B) False

Question 14 of 20

As a supervisor, I should evaluate peoples behavior at work and put it in writing. No matter how they respond.

- A) True
- B) False

Question 15 of 20

I should shield my kids from consequences if I really love them.

- A) True
- B) False

Question 16 of 20

If I am a humble Christian, I must be passive about my feelings.

- A) True
- B) False

Question 17 of 20

Meekness is the same as weakness.

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- A) True
- B) False

Question 18 of 20

I do not have the right to have personal convictions or values, if they offend someone.

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- A) True
- B) False

Question 19 of 20

If I tell people NO, I am being rebellious.

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- A) True
- B) False

Question 20 of 20

Healthy Boundaries cause conflict and burn bridges with others.

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- A) True
- B) False