

Boundaries Without Guilt: Do I Respect Myself?

Do you agree with these statements?

'Yes' answers

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- ☐ I can say 'no' without over-explaining and without feeling guilty about it
- ☐ I don't take responsibility for other people's emotions
- ☐ I can ask for help without seeing it as a weakness
- ☐ I know the difference between 'I want to help' and 'I'm afraid to say no'
- ☐ My rest is a necessity, not a luxury — and I don't justify myself for taking it
- ☐ I notice when communication or work takes more energy than it gives
- ☐ I allow myself to disagree — even with people who matter to me
- ☐ I regularly ask myself: 'What do I really need right now?'

6–8 'yes': You have a good sense of your boundaries. Keep practising — boundaries need constant attention, especially under stress.

3–5 'yes': Some boundaries are in place, but there is room to grow. Notice items where you answered 'no' — a great topic to explore with a psychologist.

0–2 'yes': This is an important signal. It's difficult for you to protect yourself — and that is not your fault. A psychologist can help you work on this safely.

Healthy boundaries are not walls but doors — you decide who to let in and when. If setting limits feels difficult, it's a great topic to explore with a psychologist.