

Healthy Social Wellness Boundaries Quiz

This fun, no-pressure quiz helps you explore how you manage your social energy, connections, and boundaries. Circle the answers that best describe you—then total your points to find out your social wellness style!

1. When someone invites you to an event you don't want to attend, you...

- A. Say yes anyway—you don't want to disappoint. (1 point)
- B. Hesitate but usually give in. (2 points)
- C. Politely decline if you need downtime. (3 points)
- D. Confidently say no and plan something that recharges you instead. (4 points)

2. When a coworker or friend overshares personal issues, you...

- A. Listen for hours, even when it drains you. (1 point)
- B. Try to help even if you're emotionally spent. (2 points)
- C. Offer empathy but gently set limits. (3 points)
- D. Listen briefly, then redirect or suggest support resources. (4 points)

3. How often do you feel "peopled out" after social time?

- A. All the time—I get overwhelmed easily. (1 point)
- B. Often, especially after large groups. (2 points)
- C. Occasionally, but I manage it well. (3 points)
- D. Rarely—I plan my social time so I can truly enjoy it. (4 points)

4. When group messages or chats keep blowing up your phone, you...

- A. Reply to everything immediately—I don't want to seem rude. (1 point)
- B. Skim them but feel pressure to stay engaged. (2 points)
- C. Respond when I can but take breaks as needed. (3 points)
- D. Mute the thread and check back on my schedule. (4 points)

5. How do you handle someone who constantly drains your energy?

- A. Avoid confrontation and let it continue. (1 point)
- B. Distance myself but feel guilty about it. (2 points)
- C. Limit contact while staying kind. (3 points)
- D. Have a clear conversation or create distance guilt-free. (4 points)

6. When you need alone time but others want to hang out, you...

- A. Ignore your needs and go anyway. (1 point)
- B. Try to shorten the visit but still go. (2 points)
- C. Suggest a rain check and rest. (3 points)
- D. Say no without guilt—self-care is a priority. (4 points)

7. How do you manage workplace socializing (breakroom talk, group lunches, etc.)?

- A. I join every chat, even when busy. (1 point)
- B. Try to stay involved so no one feels left out. (2 points)
- C. Participate when I have time or interest. (3 points)
- D. Engage authentically but know when to step away. (4 points)

8. When friends or coworkers disagree with you, you...

- A. Stay quiet to avoid tension. (1 point)
- B. Nod along even if you disagree. (2 points)

- C. Share your view respectfully. (3 points)
- D. Express your opinion confidently and calmly. (4 points)

9. How do you feel about asking for help or support?

- A. Awkward—it makes me feel like a burden. (1 point)
- B. Hesitant, but I'll ask if I really need to. (2 points)
- C. Comfortable asking trusted people. (3 points)
- D. Confident—it's part of healthy connection. (4 points)

10. Your ideal social life feels...

- A. Exhausting—I can't keep up. (1 point)
- B. Overloaded—I want more space for me-time. (2 points)
- C. Balanced—I mix social time with solitude. (3 points)
- D. Energizing—connections feel authentic and fulfilling. (4 points)

Scoring

Add up your total points from all 10 questions to reveal your social wellness boundary style.

10–16 points	People-Pleaser in Recovery – You're incredibly kind and generous but may say yes too often. Learning to say no will help you stay energized and authentic.
17–25 points	Boundary Builder – You're gaining confidence in expressing your needs while staying connected. Keep setting limits that protect your peace.
26–34 points	Balanced Connector – You value relationships but know how to recharge. You bring warmth and balance to every interaction.
35–40 points	Socially Grounded Guru – You've mastered social self-care! You connect with purpose, protect your energy,

Social wellness boundaries help you stay connected without losing yourself. The best connections are built on balance, respect, and authenticity.