



Emotional Management and Boundary-Setting Self-Assessment

Date:

This self-assessment is designed to help you evaluate your current skills in emotional management and boundary-setting. Reflect on your recent experiences in public spaces and rate each statement based on your level of agreement.

Rating Scale:

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

Emotional Awareness

I can identify my emotions in stressful situations

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I understand how my emotions affect my behavior

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I am aware of my emotional triggers in public spaces

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I can distinguish between different emotions (e.g., fear, anger, sadness) I experience

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Emotional Regulation

I can calm myself down when I feel angry or upset

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

I have strategies to manage my stress in public spaces

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

I can stay composed during confrontations or stressful situations

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

I know techniques to prevent my emotions from overwhelming me

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Boundary Setting

I can clearly communicate my boundaries to others

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

I feel confident in asserting my boundaries in public spaces

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

I can enforce my boundaries even when challenged

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

I respect others' boundaries and expect the same in return

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



Confidence and Assertiveness



**I can stand up for myself
when I face harassment**

1 2 3 4 5

--	--	--	--	--

**I feel confident in handling
difficult situations in
public spaces**

1 2 3 4 5

--	--	--	--	--

**I can assert myself without
feeling guilty or aggressive**

1 2 3 4 5

--	--	--	--	--

**I maintain eye contact and
use assertive body
language when necessary**

1 2 3 4 5

--	--	--	--	--

Stress Management



**I can recognize the signs of
stress in myself**

1 2 3 4 5

--	--	--	--	--

**I have effective ways to
reduce stress when it
occurs**

1 2 3 4 5

--	--	--	--	--

**I practice stress-reducing
activities regularly (e.g.,
meditation, exercise)**

1 2 3 4 5

--	--	--	--	--

**I can quickly recover from
stressful situations**

1 2 3 4 5

--	--	--	--	--





Post Self-Assessment Reflection

- What are your strengths in emotional management and boundary-setting?

- What areas do you feel need improvement?

- What goals can you set to enhance your emotional management skills?

