

## Signs of Healthy & Unhealthy Boundaries

Signs of Unhealthy Boundaries	Signs of Healthy Boundaries
Trusting no one or trusting anyone.	Appropriate balance of trust and skepticism.
Telling everything to everybody or anybody	Revealing a little of yourself at a time, checking to see how the other person responds to your sharing.
Talking at an intimate level at first meeting.	Moving step by step into intimacy.
Falling rapidly in love with a new acquaintance.	Putting a new acquaintance on hold until you check for compatibility.
Falling in love with anyone who reaches out.	Deciding whether a potential relationship will be good for you.
Being overwhelmed or preoccupied with another person.	Staying focused on your own growth and development
Acting on first sexual impulse.	Weighing the consequence before acting on a sexual impulse.
Being sexual for your partner rather than for yourself.	Being sexual when you want to be sexual – not monitoring the reactions of your partner in your decision.
Going against personal values or rights to please others.	Maintaining personal values despite what others want.
Not noticing when someone invades boundaries.	Noticing when someone else displays inappropriate boundaries.
Not noticing when someone invades your personal boundaries.	Noticing, and acting upon this fact, when someone invades your boundaries.
Accepting food, gifts, touch, sex, advice that you don't want.	Saying "No" to food, gifts, touch, sex, advice you don't want.
Touching a person without asking.	Asking a person before touching them.
Taking from others more than you give.	Respect for others – not taking advantage of someone's generosity.
Giving as much as you can give for the sake of giving.	Self-respect – not giving too much in the hopes that someone will like you.
Allowing someone to take as much as possible from you.	Not allowing someone to take advantage of your generosity.
Allowing others to direct your life – without questioning.	Trusting your own decisions – without being rebellious or using your actions as a projection.
Allowing others to decide your reality and values.	Defining your truth, as you presently see it.
Allowing others to define you.	Knowing who you are and what you want.
Believing others can anticipate your needs.	Recognizing that friends and partners are not mind-readers.
Expecting others to fill your needs automatically.	Clearly communicating your wants and needs (and recognizing that you may be turned down, but you can ask)
Falling apart so someone will take care of you	Becoming your own caregiver.
Self-abuse – sexual, food, physical abuse.	Talking to yourself with gentleness, humor, love – respecting your body and its needs.
Self pity, a "poor me" attitude, getting attention through your own "victimization".	Knowing that active response will empower you and will allow you to take care of your own needs.