

## Signs of Unhealthy Boundaries

- Telling “everything” to someone.
- Talking at a very intimate level on the first meeting.
- Falling in love with an acquaintance.
- Falling in love with anyone who reaches out.
- Becoming overwhelmed or preoccupied with another.
- Acting on my first sexual impulse.
- Being sexual for my partner, rather than for myself.
- Going against personal values or rights to please others.
- Not noticing when someone invades your boundaries.
- Accepting food, gifts, touch, sex that you don’t want.
- Touching a person without asking.
- Taking from others more than I give.
- Allowing others to take as much as they can from me.
- Allowing others to direct my life.
- Allowing others to define me.
- Allowing others to describe my reality.
- Believing that others can anticipate my needs and expecting them to do so.
- Creating problems or falling apart so that others can take care of me.
- Self abuse: cutting, burning, overeating/under-eating, alcohol/drug abuse, impulsive sex, spending, not seeking medical care, etc.
- Being physically or verbally abusive to others.