

Signs of Ignored Boundaries

- **Enmeshment:** This symptom requires both (or everyone) to follow the rule that both must do everything together and that both people must think, feel and act in the same way. Neither of the enmeshed individuals is allowed to deviate from the set norm. Uniqueness, autonomy and idiosyncratic behavior is dismissed and/or disallowed.
- **Disassociation:** Disassociation involves “blinking out” during a stressful emotional event. Your physical and/or emotional space may be violated but you tell yourself: “It doesn’t matter” or “It will go away soon.” “No sense in fighting it”. This results in keeping you out of touch with your feelings and may result in an inability to remember what happened.
- **Excessive Detachment:** Both are totally independent from each other and there doesn’t seem to be anything to hold you together in healthy union. You lack common purpose, goal, identity or rationale for existing together. There is a seeming lack of desire from you or the other to draw together to form a union because you fear loss of personal identity.
- **Victimhood:** One of you may identify as a violated victim and become overly defensive in order to ward off further violation.
- **Chip on the Shoulder:** Because of anger over past violation of emotional and/or physical space and the real or perceived ignoring of your rights by others, you have a “chip on your shoulder” that declares “I dare you to come too close!”
- **Invisibility:** This involved a “pulling-in” so that others, and possibly even yourself, never know how you are really feeling or what you are really thinking. The goal is to not be seen or heard so that your boundaries are not again violated.
- **Aloofness:** Because of a violation of your efforts to expand or stretch your boundaries to include others in your space, you take the defensive posture to reject others before they reject you. This keeps you inward and unwilling or fearful of opening up your space to others.
- **Cold & Distant:** This involves the building of walls to ensure that others do not permeate or invade your emotional or physical space
- **Smothering:** This symptom results when another is overly solicitous of your needs and interests. This interest is overly intrusive into your space. It can be so overwhelming that you feel like you are being strangled, held too tightly and lack freedom to breathe on your own. You feel violated, used and overwhelmed.
- **Lack of Privacy:** This symptom is present when you feel that nothing you think, feel or do is your own business, You are expected to report to another all the details and content of your feelings, reactions, opinions, relationships and dealings with the outside world. You begin to believe that nothing you experience can be kept in the privacy of your own domain.