SIGNS OF UNHEALTHY BOUNDARIES

__ Telling all.
__ Talking at an intimate level on the first meeting.
__ Falling in love with a new acquaintance.

__ Falling in love with anyone who reaches out.
__ Being overwhelmed by a person - preoccupied.
__ Acting on first sexual impulse.

__ Being sexual for partner, not self.
__ Going against personal values or rights to please others.
__ Not noticing when someone else displays inappropriate boundaries.

__ Accepting food, gifts, touch, or sex that you don't want.
__ Touching a person without asking.
__ Taking as much as you can get for the sake of getting.

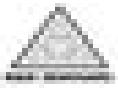
__ Giving as much as you can give for the sake of giving.
__ Allowing someone to take as much as they can from you.
__ Letting others direct your life.

__ Letting others describe your reality.
__ Letting others define you.
__ Believing others can anticipate your needs.

__ Expecting others to fill your needs automatically.
__ Falling apart so someone will take care of you.
__ Being a "rock" in order to take care of someone else.

ABUSE

Physical Emotional Intellectual Social Spiritual
Sexual Verbal Alcohol Tobacco Drugs Food



OPINIONS, AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.