

Name: _____ Date: _____

Sign of Unhealthy Boundaries

Give a check if you relate with these situations.

- ☐ Being sexual for partner, not self
- ☐ Accepting food, gifts, touch, or sex that you don't want
- ☐ Being overwhelmed by a person preoccupied
- ☐ Giving as much as you can give for the sake of giving
- ☐ Going against personal values or rights to please others
- ☐ Taking as much as you can get for the sake of getting
- ☐ Letting others direct your life
- ☐ Talking at an intimate level on the first meeting
- ☐ Allowing someone to take as much as they can from you
- ☐ Falling in love with anyone who reaches out
- ☐ Falling in love with a new acquaintance
- ☐ Letting others describe your reality
- ☐ Acting on first sexual impulse
- ☐ Telling all
- ☐ Letting others define you
- ☐ Not noticing when someone else displays inappropriate boundaries
- ☐ Believing others can anticipate your needs
- ☐ Touching a person without asking