

BOUNDARIES

UNHEALTHY:

Telling all.

HEALTHY:

I consider the other person's level of interest and caring before opening up to them.

UNHEALTHY:

Talking at an intimate level on the first meeting.

HEALTHY:

I do not overwhelm a person with things about me. I trust step by step as I feel I am getting trust in return.

UNHEALTHY:

Falling in love with a new acquaintance.

HEALTHY:

I allow love to develop. I know the qualities I need in a relationship and those that are negative for me. I take the time to check those out in a new acquaintance.

UNHEALTHY:

Falling in love with anyone who reaches out.

HEALTHY:

When someone reaches out to me, I ask myself whether this person has the qualities I need.

UNHEALTHY:

Being overwhelmed by a person - preoccupied.

HEALTHY:

When I am in a relationship, I am able to "compartmentalize" other areas of my life and to continue to function in them.

UNHEALTHY:

Acting on first sexual impulse.

HEALTHY:

My feelings and my self-esteem decide whether I act on sexual impulses. "Will I feel good about myself?" is my first question.