

- Talking at an intimate level at the first meeting
- Being overwhelmed by a person - presumed
- Acting on the first sexual impulse
- Being sexual for your partner, not yourself
- Being against personal values or rights to please another person
- Feeling in love with someone who reaches out
- Feeling in love with a new acquaintance
- Accepting food, gifts, touch, sex that you don't want

- Lying others about your life
- Lying others describe your reality
- Believing others can anticipate your needs
- Expecting others to fill your needs automatically
- Allowing someone to take as much as they can from you
- Feeling afraid no someone will take care of you
- Sexual and physical abuse
- Food abuse

## SIGNS OF HEALTHY BOUNDARIES

- Appropriate touch
- Making sure to wear the intimacy
- Being focused on your own growth and recovery
- Maintaining personal values despite what others want
- Knowing when someone crosses your boundaries
- Saying "No" to food, gifts, touch, sex you don't want
- Revealing a little of yourself at a time, then checking to see how the other person responds to your sharing
- Making a new acquaintance or bond with you share for responsibility
- Asking a person before touching them
- Trusting your own decisions
- Defining your truth, as you see it
- Knowing who you are and what you want
- Respecting your own being parent
- Talking to yourself with gentleness, honor, love and respect
- Support for others - not taking advantage of someone's generosity
- Self-respect - not going too much to hope that someone will like you
- Not allowing someone to take advantage of you