

## SIGNS OF UNHEALTHY BOUNDARIES

- Telling all.
- Trusting no one -- trusting anyone -- black and white thinking.
- Not noticing when someone else displays inappropriate boundaries.
- Not noticing when someone invades your boundaries.
- Talking at an intimate level at the first meeting.
- Being overwhelmed by a person -- preoccupied.
- Acting on the first sexual impulse.
- Being sexual for your partner, not yourself.
- Going against personal values or rights to please another person.
- Falling in love with someone who reaches out.
- Falling in love with a new acquaintance.
- Accepting food, gifts, touch, 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.
- Letting others define you.
- Letting others direct your life.
- Letting 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.
- Falling apart so someone will take care of you.
- Sexual and physical abuse.
- Food abuse.

## SIGNS OF HEALTHY BOUNDARIES

- Appropriate trust.
- Moving step by step into intimacy.
- Staying focused on your own growth and recovery.
- Maintaining personal values despite what others want.
- Noticing when someone invades 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.
- Putting a new acquaintanceship on hold until you check for compatibility.
- Deciding whether a potential relationship will be good for you.
- Weighing the consequence before acting on sexual impulse.
- Noticing when someone else displays inappropriate boundaries.
- Being sexual when you want to be sexual -- concentrating largely on your own pleasure rather than monitoring reactions of your partner.
- 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.
- Becoming your own loving parent.
- Talking to yourself with gentleness, humor, love and respect.
- Respect for others -- not taking advantage of someone's generosity.
- Self-respect -- not giving too much in hope that someone will like you.
- Not allowing someone to take advantage of your generosity.
- Recognizing that friends and partners are not mindreaders.
- Clearly communicating your wants and needs (and recognizing that you may be turned down, but you can ask.)

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