

## **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.