

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.