

## 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.