



Healthy vs. Unhealthy
Personal Boundaries

Boundaries can be both physical and emotional. Physical boundaries involve what you are comfortable with regarding personal space, touch, privacy, and sexual contact. Emotional boundaries, on the other hand, encompass the line between your feelings and the feelings of others. This looks like taking responsibility for your own feelings and recognizing that you cannot control what others feel. It also involves being aware of what you do/do not feel comfortable sharing with others and honoring those limits.

Signs of Healthy Boundaries

You can say no or yes and you are okay when others say no to you

You have a strong sense of identity. You respect yourself

You expect reciprocity in a relationship – you share responsibility and power

You know when the problem is yours and when it belongs to someone else

You share personal information gradually in a mutually sharing/trusting relationship

Signs of UnHealthy Boundaries

You can't say no, because you are afraid of rejection or abandonment

Your identity consists of what you think others want you to be. You are a chameleon

You have no balance of power or responsibility in your relationships. You tend to be either overly responsible and controlling or passive and dependent

You take on other's problems as your own.

You share personal information too soon... before establishing mutual trust/sharing.

Signs of Healthy Boundaries

Signs of UnHealthy Boundaries

You don't tolerate abuse or disrespect

You have a high tolerance for abuse and being treated with disrespect.

You know your own wants, needs, and feelings.
You communicate them clearly.

You wants, needs, and feelings are secondary to others and are sometimes determined by others.

You are committed to and responsible for exploring nurturing your full potential

You ignore your inner voice and allow other's expectations to define your potential.

You are responsible for your own happiness and fulfillment. You allow others to be responsible for their own happiness and fulfillment.

You feel responsible for others' happiness and fulfillment and sometimes rely on your relationships to create that for you.

You value your opinions and feelings as much as others.

You tend to absorb the feelings of others.

You know your limits. You allow others to define their own limits.

You rely on others' opinions, feelings, and ideas more than you do your own.

You are able to ask for help when you need it

You allow others to define your limits or try to define limits for others.

You don't compromise your values or integrity to avoid rejection

You compromise your values and beliefs in order to please others or avoid conflict.

Develop appropriate trust over time

Trust everyone/Trusting no one

Realizing nothing is truly black or white

Black and White Thinking

Moving step by step into intimacy

Talking at intimate levels at 1st meeting

Deciding whether a relationship is good for you – using your brain

Falling in love with anyone who reaches out or Rigid Self Isolation

Signs of Healthy Boundaries

Signs of UnHealthy Boundaries

Staying focused on your own growth and recovery

Being overwhelmed by a person or not allowing self to be influenced

Weighing the consequences before acting on sexual impulsies

Acting on first sexual impulse or Inability to share sexuality

Being sexual when YOU want to be sexual and concentrate on your pleasure rather than monitoring reactions of your partner

Being sexual for your partner, not yourself or Inability to care about partner's sexual needs

Maintaining personal values despite what others want or think

Going against your own personal values to please others or inability to focus on rights of others

Noticing when someone else displays appropriate boundaries

Not noticing when someone else displays inappropriate boundaries

Saying no to gifts/touching/sex you do not want

Accepting gifts/touch/sex you do not want

Asking a person before touching them

Touching a person without asking or not allowing any contact

Respect for other's generosity

Giving too much or not giving at all

Not allowing someone to take advantage of your generosity

Allowing someone to take as much as they want from you

Defining your own self-worth, trusting your instincts, knowing who you are

Letting others define you, direct your life, or Allowing other to describe your reality

Recognizing others are not mind readers

Believing others can anticipate your needs or assuming no one can meet your needs

Clearly communicating your wants & needs (accept your request may be declined)

Expecting others to automatically meet your needs

Signs of Healthy Boundaries

Caring for yourself with a healthy interdependence

Treating yourself with respect and dignity

Accepting when someone says no without trying to bully, intimidate, or keep insisting on your way

Appropriate balance of trust and skepticism.

Revealing a little of yourself at a time, checking to see how the other person responds to your sharing.

Moving step by step into intimacy.

Putting a new acquaintance on hold until you check for compatibility.

Deciding whether a potential relationship will be good for you.

Staying focused on your own growth and development

Weighing the consequence before acting on a sexual impulse.

Being sexual when you want to be sexual – not monitoring the reactions of your partner in your decision.

Maintaining personal values despite what others want.

Signs of UnHealthy Boundaries

Falling apart so someone will take care of you or tcompulsion o care for others

Self-abuse

Giving in when you really mean no

Trusting no one or trusting anyone.

Telling everything to everybody or anybody

Talking at an intimate level at first meeting.

Falling rapidly in love with a new acquaintance.

Falling in love with anyone who reaches out.

Being overwhelmed or preoccupied with another person.

Acting on first sexual impulse.

Being sexual for your partner rather than for yourself.

Going against personal values or rights to please others.

Signs of Healthy Boundaries

Noticing when someone else displays inappropriate boundaries.

Noticing, and acting upon this fact, when someone invades your boundaries.

Saying “No” to food, gifts, touch, sex, advice you don’t want

Asking a person before touching them

Respect for others – not taking advantage of someone’s generosity.

Self-respect-not giving too much in the hopes that someone will like you.

Not allowing someone to take advantage of your generosity.

Trusting your own decisions – without being rebellious or using your actions as a projection.

Defining your truth, as you presently see it.

Knowing who you are and what you want.

Recognizing that friends and partners are not mind-readers.

Clearly communicating your wants and needs (and recognizing that you may be turned down, but you can ask)

Signs of UnHealthy Boundaries

Not noticing when someone invades boundaries.

Not noticing when someone invades your personal boundaries.

Accepting food, gifts, touch, sex, advice that you don’t want.

Touching a person without asking.

Taking from others more than your give.

Giving as much as you can give for the sake of giving.

Allowing someone to take as much as possible from you.

Allowing others to direct your life – without questioning.

Allowing others to decide your reality and values.

Allowing others to define you.

Believing others can anticipate your needs.

Expecting others to fill your needs automatically.

Signs of Healthy Boundaries

Becoming your own caregiver.

Talking to yourself with gentleness, humor, love – respecting your body and its needs.

Knowing that active response will empower you and will allow you to take care of your own needs.

Signs of UnHealthy Boundaries

Falling apart so someone will take care of you

Self-abuse-sexual, food, physical abuse.

Self-pity, a “poor me” attitude, getting attention through your own “victimization”.

