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

YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.