

WHEN YOU GIVE UP BOUNDARIES IN A RELATIONSHIP YOU:	WHEN YOUR BOUNDARIES ARE INTACT IN A RELATIONSHIP YOU:
1 Are unclear about your preferences.	1 Have clear preferences and act upon them.
2 Do not notice unhappiness since enduring is your concern.	2 Recognize when you are happy / unhappy.
3 Alter your behavior, plans, or opinions to fit the current moods or circumstances of another. (live reactively).	3 Acknowledge moods and circumstances around you while remaining centered. (living actively)
4 Do more and more for less and less.	4 Do more when that gets results.
5 Take as truth the most recent opinion you have heard.	5 Trust your own intuition while being open to other's opinions.
6 Live hopefully while wishing and waiting.	6 Live optimistically while co-working on change.
7 Are satisfied if you are coping and surviving.	7 Are only satisfied if you are thriving.
8 Let the other's minimal improvement maintain your stalemate.	8 Are encouraged by sincere, ongoing change for the better.
9 Have few hobbies because you have no attention span for self-directed activity.	9 Have excited interest in self-enhancing hobbies and projects.
10 Make exceptions for a person for things you would not tolerate in anyone else and accept alibis.	10 Have a personal standard, albeit flexible, that applies to everyone and asks for accountability.
11 Are manipulated by flattery so that you lose objectivity.	11 Appreciate feedback and can distinguish it from attempts to manipulate.
12 Try to create intimacy with a narcissist.	12 Relate only to partners with whom mutual love is possible.
13 Are so strongly affected by another that obsession results.	13 Are strongly affected by your partner's behavior and take it as information.
14 Will forsake every personal limit to get sex or the promise of it.	14 Integrate sex to that you can enjoy it but never at the cost of your integrity.
15 See your partner as causing your excitement.	15 See our partner as stimulating your excitement.
16 Feel hurt and victimized but not angry.	16 Let yourself feel anger, say "ouch" and embark upon a program of change.
17 Act out of compliance and compromise.	17 Act out of agreement and negotiation.
18 Do favors that you inwardly resist (will not say no).	18 Only do favors you choose to (will say no)
19 Disregard intuition in favor of wishes.	19 Honor intuitions and distinguish them from wishes.
20 Allow your partner to abuse your children or friends.	20 Insist others' boundaries be as safe as your own.
21 Mostly feel afraid and confused.	21 Mostly feel secure and clear.
22 Are enmeshed in a drama that is beyond your control.	22 Are always aware of choices.
23 Are living a life that is not your, and that seems unalterable.	23 Are living a life that mostly approximates what you always wanted for yourself.
24 Commit yourself for as long as the other needs you to be committed (no bottom line)	24 Decide how, to what extent, and how long you will be committed.
25 Believe you have no rights to secrets.	25 Protect your private matters without having to lie or be surreptitious.



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**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.**