

Boundaries:

Get some. Use them. Or suffer the consequences.

Unhealthy

- Telling all.
- Talking at an intimate level on first meeting.
- Falling in love with a new acquaintance.
- Being in love with anyone who reaches out to you.
- Being overwhelmed by another's life situation and preoccupied therein.
- Acting on your first sexual impulse.
- Going against your own personal values or rights to please others.
- Not noticing when someone else displays inappropriate boundaries or invades your boundaries.
- Accepting food, gifts, touch, sex without granting permission.
- Touching a person without permission.
- Giving as much as you can for the sake of giving and at your expense.
- 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 that someone will take care of you.
- Self-abuse, sexual and physical abuse, food abuse, work abuse.

Healthy

- Not overwhelming a person with personal information.
- Having values which are not negotiable in relationship to others. Being unwilling to "do anything" for others.
- Being wary of someone who wants to get too close to you too soon.
- Noticing when someone is overly helpful, tries to make decisions for you, or does not consult you about time commitments.
- Deciding whether you want to accept something.
- Not touching others without permission.
- Not giving beyond what you can afford materially or emotionally because it makes you feel secure with others.
- Being aware of when someone is trying to take advantage of you and confronting him or her.
- Knowing what you want from life. Having goals in many areas.
- Listening to opinions yet making decisions for yourself.
- Being wary of people who want you to be fundamentally different.
- Not expecting others to read your mind. Telling people what you are thinking and feeling.
- Not expecting others to put you first in everything.
- Being direct about what you need when you want support.
- Knowing who you are. Respecting yourself as a person who is worthwhile.