

Signs of healthy/unhealthy Boundaries - blueprint for a new life style

Signs of UNHEALTHY boundaries...	Signs of HEALTHY boundaries...
Trusting no one - trusting anyone - black and white thinking - tendency towards racism	Appropriate trust - accepting people regardless of caste or color
Tell all	Revealing a little of yourself at a time, then checking to see how the other person responds to your sharing
Talking at intimate level on first meeting	Moving step by step into intimacy
Falling rapidly in love with new acquaintance	Putting a new acquaintanceship on hold until you check for compatibility
Falling in love with anyone who reaches out	Deciding whether a potential relationship will be good for you
Being overwhelmed by a person - preoccupied - 'snowed under'	Staying focused on your own growth and recovery
Acting on first sexual impulse	Weighing the consequence before acting on sexual impulse
Being sexual for partner, not self	Being sexual when you want to be sexual - concentrating largely on your need for pleasure rather than monitoring reactions of partner
Going against personal values or rights to please others	Maintaining personal values despite what others want
Not noticing when someone invades your boundaries	Noticing when someone else displays inappropriate boundaries
Not noticing when someone invades your own boundaries	Noticing, and acting upon this fact, when someone invades your boundaries
Accepting food, gifts, touch, sex, advice that you don't want	Saying 'No' to food, gifts, touch, sex, advice you don't want
Touching a person without asking	Asking a person before touching them
Taking as much as you can get for the sake of getting	Respect for others - not taking advantage of someone's generosity
Giving as much as you can give for the sake of giving	Self respect - not giving too much in the hope that someone will like you

Allowing someone to take as much as possible from you	Not allowing someone to take advantage of your generosity
Letting others direct your life - without questioning	Trusting your own decisions - without being rebellious or using your actions as a projection of image.
Letting others decide your reality and values	Defining your truth, as you presently see it
Letting others define you	Knowing who you are and what you want
Believing others can anticipate your needs	Recognizing that friends and partners are not mind-readers
Expecting others to fill your needs automatically	Clearly communicating your wants and needs (and recognizing that you may be turned down, but you can ask)
Falling apart so someone will take care of you	Becoming your own caregiver
Self abuse - sexual, food and physical abuse	Talking to yourself with gentleness, humor, love - respecting your body and its needs
Self pitying - 'Poor me' attitude	Knowing that active response will empower you and will allow you to take care of your own needs.

Source: <http://www.seasilver.threadnet.com/Preventorium/boundari.htm>

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