

Signs of Unhealthy Boundaries

Conversations

- Telling more than you later feel comfortable with
- Fear of talking at all because you may say too much
- Listening to more personal or intimate details than you're comfortable hearing

Relationships

- Trusting too quickly or trusting anyone who reaches out to you
- Becoming obsessed with someone, needing to own or be owned
- Adapting your behaviors and values to please others
- Wanting to spend all your time with just one person and resenting anyone else that person spends time with
- Extreme fear of being rejected, significant panic at the thought of being rejected

Sexuality

- Being sexual when you don't want to be
- Being sexual for someone else, not yourself
- Making inappropriate or undesirable sexual conversation, gestures or physical contact
- Pressuring others to be sexual when they don't want to be

Being Aware of Personal Space

- Not noticing when someone invades your boundaries or personal space
- Not noticing when someone displays inappropriate or poor boundaries
- Stepping into another person's personal space without invitation
- Borrowing another person's belongings without permission

Interactions

- Accepting items or gifts or touches that you don't want
- Touching a person without asking
- Not asserting yourself or not making your limits known to people around you
- Attempting to control in rigid ways right to the finest detail
- Accommodating another person at great personal inconvenience

Personal Power

- Letting another person direct your life, make your choices, determine your identity
- Pressuring someone to accept your choices and follow your lead in everything

Expectations of Others

- Believing that other people can anticipate your needs
- Believing that you can anticipate another person's every need