



Signs of Unhealthy Boundaries

- Telling all
- Talking at an intimate level at the first meeting
- Falling in love with a new acquaintance
- Falling in love with anyone who reaches out
- Being overwhelmed or preoccupied by a person
- Acting on the first sexual impulse
- Being sexual for your partner, not yourself
- Going against personal values or rights to please others
- Not noticing when someone else displays inappropriate boundaries
- Not noticing when someone invades your boundaries
- Not noticing when others react negatively to your behaviors
- Accepting food, gifts, touch, 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
- Self-abuse
- Sexual and physical abuse
- Food and chemical abuse
- Rigid, inflexible boundaries