

Healthy & Unhealthy Boundaries

Healthy

- ◆ Not allowing someone to take advantage of your generosity
- ◆ Maintaining personal values despite what others want or think
- ◆ Recognizing others are not mind readers
- ◆ Caring for yourself with a healthy interdependence
- ◆ Deciding whether a relationship is good for you using your brain
- ◆ Saying no to gifts/touching/sex you do not want
- ◆ Respect for other's generosity
- ◆ Accepting when someone says no without trying to bully, intimidate, or keep insisting on your way
- ◆ Staying focused on your own growth and recovery
- ◆ Asking a person before touching them
- ◆ Realizing nothing is truly black or white
- ◆ Treating yourself with respect and dignity
- ◆ Weighing the consequences before acting on sexual impulses
- ◆ Develop appropriate trust over time
- ◆ Noticing when someone else displays appropriate boundaries
- ◆ Defining your own self-worth, trusting your instincts, knowing who you are

Unhealthy

- ◆ Accepting gifts/touch/sex you do not want
- ◆ Falling in love with anyone who reaches out or Rigid Self Isolation
- ◆ Giving too much or not giving at all
- ◆ Going against your own personal values to please others or inability to focus on rights of others
- ◆ Allowing someone to take as much as they want from you
- ◆ Letting others define you, direct your life, or allowing other to describe your reality
- ◆ Acting on first sexual impulse or Inability to share sexuality
- ◆ Black and White Thinking
- ◆ Believing others can anticipate your needs or assuming no one can meet your needs
- ◆ Being overwhelmed by a person or not allowing self to be influenced
- ◆ Touching a person without asking or not allowing any contact
- ◆ Expecting others to automatically meet your needs
- ◆ Trust everyone/Trusting no one
- ◆ Being sexual for your partner, not yourself or Inability to care about partner's sexual needs
- ◆ Not noticing when someone else displays inappropriate boundaries
- ◆ Talking at intimate levels at 1st meeting