

Setting boundaries

is a way of
caring for myself.

It doesn't make me
mean, selfish or uncaring
because I don't
do things your way

knowmyworth.com

I care about me too.

• YOU MAY PRINT AND COPY AND USE THIS HANDOUT FOR YOUR PERSONAL OR PROFESSIONAL USE • AS IS • AS FREELY AS YOU WISH •

SIGNS OF UNHEALTHY BOUNDARIES

- ___ Telling all.
- ___ Talking at an intimate level on the first meeting.
- ___ Falling in love with a new acquaintance.
- ___ Falling in love with anyone who reaches out.
- ___ Being overwhelmed by a person - preoccupied.
- ___ Acting on first sexual impulse.
- ___ Being sexual for partner, not self.
- ___ Going against personal values or rights to please others.
- ___ Not noticing when someone else displays inappropriate boundaries.
- ___ Accepting food, gifts, touch, or 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.
- ___ Being a "rock" in order to take care of someone else.

ABUSE

Physical Emotional Intellectual Social Spiritual
Sexual Verbal Alcohol Tobacco Drugs Food



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT

