Appendix 3-B: Signs of Unhealthy Boundaries

- Trusting no one – trusting anyone – black and white thinking
- Telling all
- Talking at an intimate level on your first meeting
- Falling in love with new acquaintances
- 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 violates your boundaries
- Ignoring it when someone else violates your boundaries
- Not noticing when someone else displays inappropriate boundaries
- Ignoring when someone else displays inappropriate boundaries
- Accepting food, gifts, touch, sex that you do not want
- Touching someone without getting permission
- Taking as much as you can for the sake of getting
- Giving as much as you can for the sake of giving
- Allowing someone to take as much as they can/want from you
- Letting others direct your life
- Letting others describe your reality
- Believing others can anticipate your needs
- Expecting others to fill your needs automatically
- Falling apart so someone will take care of you
- Self-abuse
- Self-neglect
- Sexual and physical abuse
- Disordered eating
- Food abuse
- Spiritual abuse
- Too dependent or anti-dependent in relationships with those close to you
- Substance abuse

From my experience, setting clear boundaries is one of the most necessary boundaries in their lives that are not always addressed. First, we need to develop the belief that it is normal and healthy to set and maintain clear boundaries. Just as the room analogy implies, it is normal to maintain a barrier between you and another. Second, we need to identify when we are setting and maintaining clear boundaries, and when we are letting others set them for us. Finally, we need to determine what our boundaries are and what our boundaries are not.