

## HEALTHY AND UNHEALTHY BOUNDARIES

Having healthy interpersonal boundaries are crucial to making and maintaining healthy, fulfilling relationships. Sometimes it is difficult to determine what is the right or wrong thing to say or do, and we make those decisions on a case-by-case basis, depending on the relationship and the situation at hand. The following is a list of generally healthy and unhealthy boundaries. Please use these as a guide.

### HEALTHY BOUNDARIES

1. Trusting others appropriately, not too much or too little. Your level of trust will increase as you get to know them better, and they prove themselves as being trustworthy.
2. Moving gradually into intimacy.
3. Revealing a little of yourself at a time, then checking to see how the other person responds to your sharing.
4. Staying focused on your own growth.
5. Maintaining personal values despite what others want.
6. Noticing when someone invades your boundaries.
7. Saying "No" to food, gifts, touch, sex, etc. that you do not want.
8. Being sexual when you want to be sexual, and once sexual, acknowledging to yourself that your pleasure is *at least* as important as your partner's.
9. Deciding whether a potential relationship will be good for you.
10. Weighing the consequences before acting on sexual impulse.
11. Noticing when someone else displays inappropriate boundaries.
12. Asking a person before touching them.
13. Trusting your own decisions, and not letting another undo your judgment
14. Knowing who you are and what you want.
15. Focusing on developing a rebuttal voice that is gentle, respectful, and compassionate to yourself.
16. Not giving too much in hopes that someone will like you, AKA "buying" someone's love
17. Respecting others and not taking advantage of their generosity.
18. Not allowing someone else to take advantage of your generosity.
19. Recognizing that friends and partners are not mindreaders, and clearly communicating your needs and wants.
20. Recognizing that once you ask for something, the other person has the right to say "No." It does not mean that they do not love you or no longer want to be your friend.

### UNHEALTHY BOUNDARIES

1. Telling all, indiscriminately.
2. Trusting everyone or no one.
3. Ignoring/dismissing when someone else displays inappropriate boundaries.
4. Ignoring/dismissing when someone else invades your boundaries.
5. Divulging too much or talking too intimately at the first meeting.
6. Acting on sexual impulse, without regard to the potential harm that might come from said action.
7. Being sexual for your partner, not yourself (Note: this pertains to new relationships. Sometimes we may choose to do this in an established relationship, which would not make this an unhealthy boundary).
8. Acting against your personal values/rights/beliefs to please another person.
9. Falling in love with a new acquaintance before assessing whether they would be a healthy partner.
10. Accepting food, gifts, touch, sex, etc. that you do not want.
11. Allowing someone to take as much as they want from you, even if you do not want that or if it is hurtful/harmful to you.
12. Touch a person without asking first.
13. Allowing others to direct your life or define who you should be as a person.
14. Allowing others to describe/define your reality (AKA, gaslighting).
15. Believing that others can anticipate your needs and wants without you needing to ask.
16. Expecting others to fulfill your needs automatically.
17. Falling apart/breaking down as a means of having someone take care of you or staying in a relationship with you.
18. Sexual or physical abuse.
19. Any other kind of abuse (food, shopping, gambling, alcohol, drugs)