

# Boundary Violations

Your mileage may vary.

## Judging

Commentary  
Value-Laden words  
Infinity words  
Blaming

## Assumptions

Loaded question  
Precommitment

## Punitive

Sniping  
Rejecting reconciliation

## Emotional

Emotional word  
Peer Pressuring  
Guilt tripping  
Expecting appreciation

## Extrinsic

Commands  
Threats, ultimatums  
Punishing  
Public shaming  
Taking away supports  
Rewards

## Adversarial

I/you  
Yes, but  
Normalization  
Passive aggressive  
Gaslighting

## Comparing

Positive Other  
Medical Model  
Evidence-based

## Ambiguity

Vague/abstract  
Nonliteral  
Subtextual  
Mixed messages

## Abandonment

Giving up on them  
Ignoring ("Grey rocking")  
Love is earned, has a price  
Love can be (or is) lost

## Telling isn't Teaching

Knowing something they don't know  
Withholding information they know you have  
Teaching them something they already know  
Pointing out/reminding them of a problem they already know about  
Assuming they know something but they don't

## Adult as Protagonist

Projection  
Equalizing  
Needing the last word  
Martyring

## Dehumanizing

Deeply invalidating  
Child's needs don't matter  
Incensed at their audacity  
Sense of ownership  
Cannot comprehend masking

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# "Boundary Violation Examples"

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1. Why do you play that silly game all the time?
2. You're not making respectful choices.
3. Oh, look who finally decided to join us!
4. Fine, if you don't want my help, I won't, just don't come around asking me for any.
5. Come with us, you'll love it!
6. Grandma loves you and just wants to see you, she won't be around forever you know.
7. If you don't finish the assignment, I won't be able to give you a gold star.
8. "I don't know" isn't a real answer.
9. Maybe if you tried seeing it from their side you wouldn't have this problem anymore.
10. Tell me what's wrong. I can't fix anything if you won't tell me.
11. You seem angry.
12. Your brother's not like this.
13. You should be out there making friends.
14. This happens every time, you always make everything so hard.
- A. See? That wasn't so bad, was it.
- B. You were a really difficult baby.
- C. I just wish you wanted more out of life.
- D. I keep telling you what to do, you just don't listen.
- E. You'll understand someday.
- F. Wow, I'm so impressed with you, way to go!
- G. Why can't you just get along with people?
- H. Oh, you don't really believe that.
- I. What will your teachers think? What will your friends think?
- J. You do you.
- K. Do you want people to like you or not?
- L. I do everything for you and this is the thanks I get?
- M. Do what you want, I don't care anymore.
- N. Why'd you cut your hair, it was so pretty before.
- O. If you spent all this energy on doing the task rather than avoiding it, you'd be done by now.
- P. One of my concerns is that it becomes a crutch. An ability to detach from the stresses of everyday living. A coping mechanism.

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