

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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