

Signs of Weak Boundaries

- ☐ **Inability to Advocate for Yourself:** You find it difficult to speak up, even when you're being treated poorly, often leading to feelings of resentment.
- ☐ **Overcommitment of Time and Energy:** You tend to give away excessive amounts of your time and energy to others, often at the expense of your own well-being.
- ☐ **Feelings of Underappreciation:** You frequently feel taken for granted and undervalued in your relationships, leading to emotional exhaustion.
- ☐ **Difficulty Saying "No":** You often agree to requests or obligations even when you genuinely want to decline, prioritizing others' needs over your own.
- ☐ **Guilt Over Self-Care:** You experience feelings of guilt when you take time for yourself, believing that self-care is selfish.
- ☐ **Frequent Sacrifices:** You consistently make personal sacrifices for others, even when it negatively impacts your own happiness or health.
- ☐ **Unbalanced Relationships:** You often find yourself in unhealthy, one-sided relationships where your needs are not reciprocated.
- ☐ **Conditional Self-Worth:** You hold the belief that you must always prioritize others to earn your place and value in life, diminishing your own sense of self-worth.
- ☐ **Oversharing Personal Information:** You tend to disclose personal details about your life, even to strangers, which can lead to feelings of vulnerability.
- ☐ **Loss of Personal Identity:** You frequently "melt into" the personalities or preferences of those you admire, losing touch with your own identity and desires.
- ☐ **Neglecting Your Own Needs:** You've been so focused on others that you may have lost sight of what you truly want or need in life.
- ☐ **Discomfort with Physical Boundaries:** You allow others to touch you or invade your personal space even when it makes you uncomfortable, neglecting your own boundaries.
- ☐ **Passive-Aggressive Behavior:** You may express your frustrations indirectly rather than addressing them openly, leading to miscommunication and unresolved issues.
- ☐ **Victim Mentality:** You often feel like a victim in your circumstances, which can hinder your ability to assert your needs and desires.
- ☐ **Difficulty in Decision-Making:** You struggle to make decisions, often deferring to others or feeling unsure about your preferences and choices.