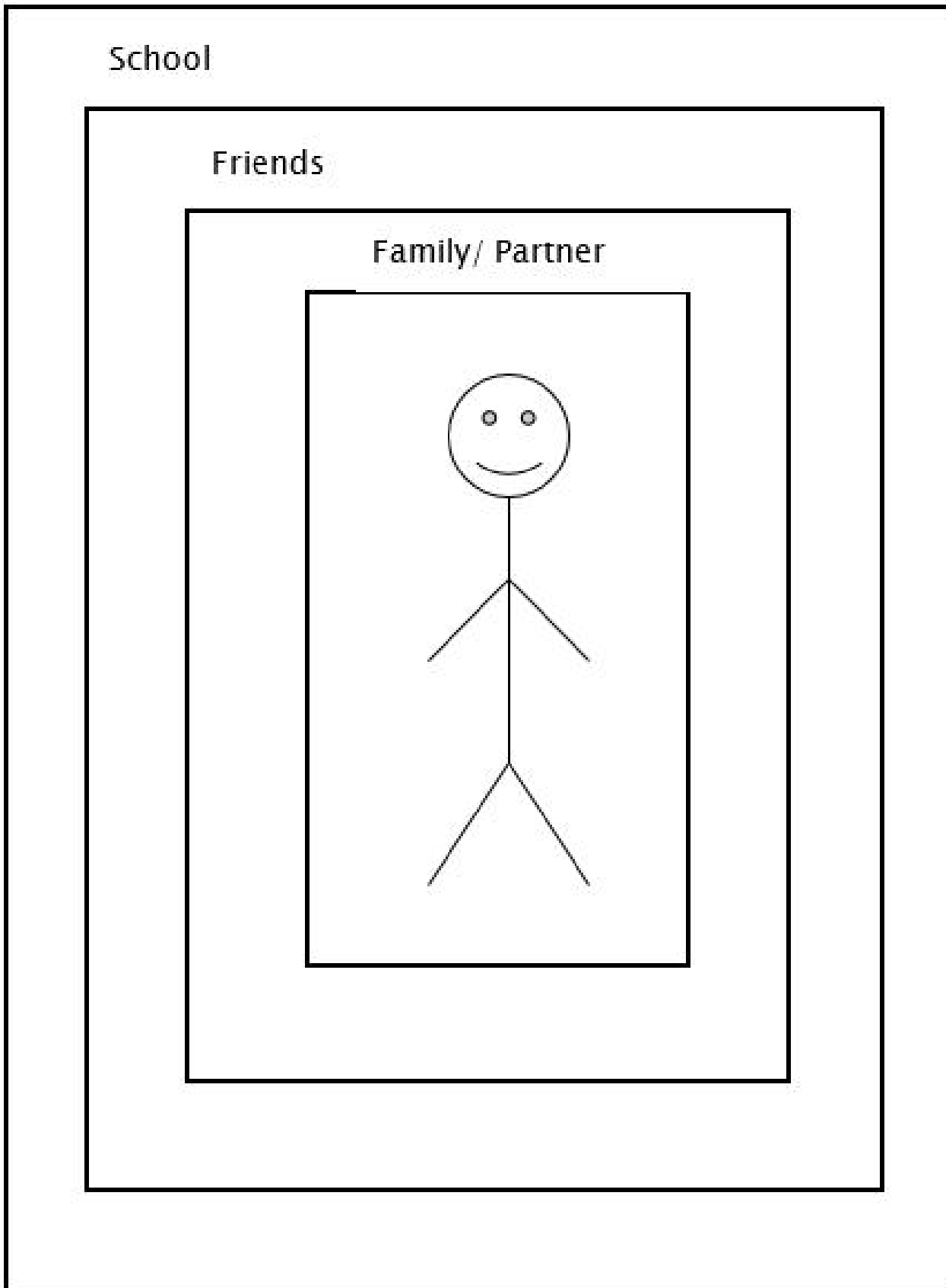


Boundaries



Community



Signs of Healthy Boundaries	Signs of Unhealthy Boundaries
Appropriate trust	Trusting no one - trusting anyone - black and white thinking
Revealing a little of yourself at a time, then checking to see how the other person responds	Tell all
Moving step by step into intimacy	Talking at an intimate level on the first meeting
Putting a new acquaintance on hold until you check for compatibility	Falling in love with a new acquaintance
Consider whether a potential relationship will be good for you	Falling in love with anyone who reaches out
Weighing the consequences before acting on sexual impulse	Being overwhelmed by a person - preoccupied
Being sexual when you want to be sexual, concentrating largely on your own pleasure rather than monitoring reactions of partner	Acting on impulses/ urges without thinking
Maintaining personal values despite what others want	Being sexual for partner, not self
Noticing when someone else displays inappropriate boundaries	Going against personal values or rights to please others
Saying "NO" to food, gifts, touch, sex that you do not want; asking a person before touching them	Not noticing when someone invades your boundaries
Respect for others - not taking advantage of someone's generosity	Accepting food, gifts, touch, sex that you don't want
Self-respect - not giving too much in hope that someone will like you	Touching a person without asking
Not allowing someone to take advantage of your generosity	Taking as much as you can for the sake of getting
Trusting your own decisions	Giving as much as you can for the sake of giving
Defining your truth, as you see it	Allowing someone to take as much as they can from you
Knowing who you are and what you want	Let others direct your life or define you
Recognizing that friends and partners are not mind-readers	Letting others describe your reality
Clearly communicating your wants and needs; recognizing you may be turned down, but you can ask	Believing others can anticipate your needs
Talking to yourself with gentleness, humor, love & respect	Expecting others to fill your needs automatically
	Falling apart to someone who will take care of you
	Self-abuse, food abuse, chemical abuse
	Sexual and Physical Abuse