

## SIGNS OF HEALTHY BOUNDARIES

- Appropriate trust
- Revealing a little of yourself at a time, checking to see how the other person responds
- Moving step by step into intimacy
- Deciding whether a potential relationship will be good for you
- Staying focused on your own growth and needs
- Weighing the consequence before acting on sexual impulse
- Being sexual for yourself, not for partner
- Maintaining personal values despite what others want
- Noticing when someone else displays inappropriate boundaries
- Noticing when someone invades your boundaries
- Saying “no” to food, gifts, touch, or sex you don’t want
- Asking a person before touching them
- Respect for others—not taking advantage of someone’s generosity
- Not allowing someone to take advantage of your generosity
- Self-respect—not giving too much in hopes that someone will like you
- Trusting your own decisions
- Knowing who you are and what you want
- Recognizing that friends and partners are not mind readers
- Clearly communicating your wants and needs (and recognizing that you may be turned down, but you can ask)

## SIGNS OF UNHEALTHY BOUNDARIES

- Not trusting anyone
- Trusting everyone
- No filter for what you share with others
- Falling in love with a new acquaintance
- Letting your feelings for another person preoccupy you; letting go of everything else
- Acting on the first sexual impulse
- Being sexual for your partner, not yourself
- Going against your personal values or rights
- Not noticing when someone invades your boundaries
- Accepting food, gifts, touch, or sex that you don’t want
- Allowing someone to take as much as they can from you
- Invading someone else’s boundaries—not taking “no” for an answer
- Touching a person without asking
- Believing others can anticipate your needs
- Expecting others to fill your needs automatically
- Falling apart so someone will take care of you
- Taking responsibility for someone else’s problems