

## **Signs of Unhealthy Boundaries**

By Anonymous

Telling all.

Talking at an intimate level on the first meeting.

Falling in love with a new acquaintance.

Falling in love with anyone who reaches out.

Being overwhelmed by a person - preoccupied.

Acting on first sexual impulse.

Being sexual for a partner, not yourself.

Going against personal values or rights to please others.

Not noticing when someone else displays inappropriate boundaries.

Not noticing when someone invades your boundaries.

Accepting food, gifts, touch, sex that you don't want.

Touching a person without asking.

Taking as much as you can get for the sake of getting.

Giving as much as you can give for the sake of giving.

Allowing someone to take as much as they can from you.

Letting others direct your life.

Letting others define you.

Letting others describe your reality.

Believing others can anticipate your needs.

Expecting others to fill your needs automatically.

Falling apart so someone will take care of you.

Self abuse.

Sexual and physical abuse.

Food abuse.

*Compliments of Practical Family Living, Inc.  
P.O. Box 1676, Appleton, WI 54912 (920) 720-8920*

*You are permitted and encouraged to reproduce and distribute our articles in any format provided that you credit the author, no modifications are made, you do not charge a fee beyond the cost of reproduction, and you include Practical Family Living's web-site address (<http://www.pfl.org>) on the copied resource. Quotations from any article are also permitted with credit to the author and citing the web-site. Any use of other materials on this web-site, including reproduction, modification, distribution or republication, without the prior written consent of Practical Family Living, Inc., is strictly prohibited.*