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BOUNDARIES

Where you, as a separate human being, ends and another person begins.
Boundaries are different than walls for they allow interaction.

UNHEALTHY	HEALTHY
Telling all.	I consider the other person's level of interest and caring before opening up to them.
Talking at an intimate level on the first meeting.	I do not overwhelm a person with things about me. I trust step-by-step as I feel I am getting trust in return.
Falling in love with anyone who reaches out.	When someone reaches out to me, I ask myself whether this person has the qualities I need.
Being overwhelmed by a person - preoccupied.	When I am in a relationship, I am able to "compartmentalize" other areas of my life and to continue to function in them.
Acting on first sexual impulse.	My feelings and my self-esteem decide whether I act on sexual impulses. "Will I feel good about myself?" is my first question.
Being sexual for partner not self.	I do not "fake" sexual feelings. I do not have sex to avoid hurting my partner's feelings. I cannot be nagged or blackmailed emotionally into having sex.
Going against personal values or rights to please others.	I have values which are not negotiable in a relationship. I am not willing to "do anything" for a partner.
Not noticing when someone else displays inappropriate boundaries.	I am wary of someone who wants to get too close to me too soon. I notice whether someone I am beginning to relate to has values and opinions.
Not noticing when someone invades your boundaries.	I notice when someone is overly helpful, tries to make decisions for me, or does not consult me about time commitments.
Always accepting food, gifts, touch, sex, etc.	I decide before accepting something whether I want it. I do not ask whether the other person's feelings will be hurt if I refuse.
Touching a person without asking.	I do not touch others without thinking about whether they have given me signals that it is okay.
Taking as much as you can get for the sake of getting.	I do not "test" in a relationship by keeping track of how much is given me as a way of measuring love.
Giving as much as you can give for the sake of giving.	I do not give beyond what I can afford materially or emotionally because it makes me feel secure to think I have "sacrificed" for the other person.

Allowing someone to take as much as they can from you.	I am aware of when I am being taken advantage of and I am willing to confront the other person about it.
Letting others direct your life.	I know what I want from life and have goals in many areas. I listen to opinions but make the decisions for myself.
Letting others describe your reality	I assume that my perception of what is going on is just as accurate as my partner's in a relationship. I refuse to allow my partner to tell me, "You don't feel that way."
Letting others define you.	I know who I am. I am wary of people who want me to be different.
Believing others can anticipate your needs.	I do not expect others to read my mind about what is going on with me. I tell them.
Expecting others to fill your needs automatically.	I do not expect others to put me first in everything we do together. I do not expect a partner to make it OK just by being there.
Falling apart so someone will take care of you.	I do not play games about how I feel to get sympathy or support.
Self-abuse, Sexual and Physical abuse, Food abuse, Work abuse, Alcohol and Drug Abuse.	I respect myself as a person who is worthwhile. I believe I am in charge of my body and what others do to it. I take care of my body and my health as a part of my respect for me as a total person.