

## **Unhealthy and Healthy Boundaries**

Following are examples of unhealthy and healthy boundaries to help you determine where you might need to make changes to improve your relationships.

### ***Unhealthy Boundaries***

1. I reveal everything about myself when I first meet someone.
2. I trust no one, or I trust everyone.
3. I think in black and white and amputate people who disappoint me from my life.
4. I am overly generous to others so they will like me. I give beyond my ability.
5. I don't notice when someone invades my physical and emotional boundaries.
6. I allow others to direct my life, abandoning my values to please others.
7. I get mad when others do not fulfill my needs.
8. I expect others to anticipate and fulfill my needs.
9. I am volatile when I get angry.
10. I have trouble and often get confused when making decisions.
11. I walk around on egg shells.
12. I fall apart, so someone can rescue me.

## ***Healthy Boundaries***

1. When I meet someone new, I make sure we are compatible before I reveal intimate aspects of myself. I take my time in deciding to let someone enter my world.
2. I trust people appropriately and take my time with that process.
3. I live in the gray, moving bit by bit into an intimate relationship. I understand people have flaws as well as virtues.
4. I give only when I choose to give.
5. I respect myself.
6. I don't use generosity as a tactic to manipulate others to like me.
7. I notice and speak out when others invade my physical and emotional boundaries.
8. I am the master of my life. I maintain a sense of my own values no matter what others are doing. I know my own truth and inner voice.
9. I know I have the right to ask others to fulfill my needs. But I also know they have a right to say no. I am gracious when others say no to me.
10. I have a right to my anger, but I know I always express my anger in responsible ways.
11. I know what is right for me. I am clear and grounded. I trust my decisions.
12. I avoid having expectations of others. I take care of myself. I treat myself as a kind and loving parent would treat me.
13. I rescue myself.
14. I say yes only when I want to.

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