Signs of Unhealthy Boundaries

1. Telling all

2. Talking at an intimate level at the first meeting

3. Falling in love with a new acquaintance

4. Falling in love with anyone who reaches out

5. Being overwhelmed by a person (preoccupied)

6. Acting on the first sexual impulse

7. Being sexual for your partner, not yourself

8. Going against personal values or rights to please others

9. Not noticing when someone invades your boundaries

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

11. Touching a person without asking

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

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

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

15. Letting others direct your life

16. Letting others describe your reality

17. Letting others define you

18. Believing others can anticipate your needs

19. Expecting others to fill your needs automatically

20. Falling apart so someone will take care of you

21. Self-abuse

22. Sexual and physical abuse

23. Food and chemical abuse