

Joy Miller's Ten "Demandments"

(10 rules to live by to insure **unhappiness** in a relationship)

- Thou shall make me happy.
- Thou shall not have any interests other than me.
- Thou shall know what I want and what I feel without me having to tell you.
- Thou shall return each one of my sacrifices with an equal or greater sacrifice.
- Thou shall shield me from anxiety, worry, hurt, or any pain.
- Thou shall give me my sense of self-worth and esteem.
- Thou shall be grateful for everything I do.
- Thou shall not be critical of me, show anger toward me or otherwise disapprove of anything I do.
- Thou shall be so caring and loving that I need never take risks or be vulnerable in any way.
- Thou shall love me with a whole heart, a whole soul and a whole mind, even if I do not love myself.

By Joy Miller, author of "Addictive Relationships: Reclaiming Your Boundaries". in Benham, E. (n.d). Boundaries. Retrieved 1-16-10 from <http://www.ybrt.org/bounder.html>

Do any of the 10 "Demandments" sound familiar to you?

If needed, talk to your mental health provider about improving your boundaries. Remember that developing and maintaining healthy physical and emotional boundaries takes work. Boundaries are like muscles that need to be exercised. If you did not learn good boundaries when you were young, or if they were worn down through the years, getting them back will not be quick. But it is a worthwhile process because of the personal growth, security, and better relationships they will bring.