Unhealthy Boundaries Checklist

Below are some signs of unhealthy boundaries. Mark any of them you have noticed in yourself:

- o Telling too many details when you first meet someone, or very early in a relationship
- o Starting a relationship without knowing much about the person and not asking questions
- o Falling in love with anyone who reaches out and pays attention to you
- o Taking on the interests of the other person, or giving up your own interests for the person
- o Trying to be someone you think the other person wants you to be
- o Going against your beliefs to keep a relationship
- o Making excuses for, or ignoring the other person's unhealthy behaviors (like substance abuse, anger, or lack of responsibility)
- o Not recognizing when others are crossing your boundaries
- o Being unable to say "no" to unwanted attention, gifts, etc.
- o Touching a person without asking, or standing too close
- o Not spending time with your family or friends, so you can be with the other person
- o Avoiding friends and family because the other person doesn't like them
- o Asking or pressuring others to do things for you that they don't want to do, or shouldn't do
- o Expecting others to meet all of your needs or to take care of you
- o Mistreating or others or yourself
- o Taking care of others without taking care of yourself

What effects of unhealthy boundaries you have seen in relationships?

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