**Boundaries**

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| When you give up your boundaries in a relationship you:  * Are unclear about your preferences * Do not notice unhappiness since enduring is your concern * Alter your behavior, plans, or opinions to fit the current moods or circumstances of another (live reactively) * Do more and more for less and less * Take as truth the most recent opinion you have heard * Live hopefully while wishing and waiting * Are satisfied if you are coping and surviving * Let the other's minimal improvement maintain your stalemate * I have few hobbies because you have no attention span for self-directed activity * Make exceptions for a person for things you would not tolerate in anyone else/accept alibis * Are manipulated by flattery so you lose objectivity * Try to create intimacy with a narcissist * Are so strongly affected by another that obsession results * Fell hurt and victimized but not angry * Act out of compliance and compromise * Do favors that you inwardly resist (cannot say no) * Disregard intuition in favor of wishes * Allow your partner to abuse your children or friends * Mostly feel afraid and confused * Are enmeshed in a drama that is beyond your control * Are living a life that is not yours, and that seems unalterable * Commit yourself for as long as the other needs you to be committed (no bottom line) * Believe you have no right to secrets | When your boundaries are intact in a relationship you:  * Have clear preferences and act upon them * Recognize when you are happy/unhappy * Acknowledge moods and circumstances around you while remaining centered (live actively) * Do more when that gets results * Trust your own intuition while being open to other's opinions * Live optimistically while co-working on change * Are only satisfied if you are thriving * Are encouraged by sincere, ongoing change for the better * Have excited interest in self-enhancing hobbies and projects * Have a personal standard, albeit flexible, that applies to everyone and asks for accountability * Appreciate feedback and can distinguish it from attempts to manipulate * Relate only to partners with whom mutual love is possible * Are strongly affected by your partner's behavior and take it as information * Integrate sex so that you can enjoy it but never at the cost of your integrity * Let yourself feel anger, say "ouch" and embark upon a program of change * Act out of agreement and negotiation * Only do favors you choose to do (you can say no) * Honor intuitions and distinguish them from wishes * Insist others' boundaries be as safe as your own * Mostly feel secure and clear * Are always aware of choices * Are living a life that mostly approximates what you always wanted for yourself * Protect your private matters without having to lie or be surreptitious |

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