**Boundaries**

|  |  |
| --- | --- |
| 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
 |

Retrieved from: <http://www.yourpotential.net/3/5/A_Checklist_on_Boundaries_in_a_Relationship.html>