

Boundary Checklist in Relationships

When you give up your boundaries in a relationship you:

When your boundaries are intact in a healthy relationship you:

You are unclear about your preferences	You have clear preferences and act upon them
You do not notice unhappiness because enduring is your concern	You recognize when you are happy and unhappy
You alter your behavior, plans or opinions to fit the current moods or circumstances of another, living reactively	You acknowledge moods and circumstances around you while remaining centered, living actively
You do more and more for less and less	You do more only when that gets you results
You take as the truth the most recent opinion you have heard	You trust your own intuition while being open to other's opinions
You live hopefully while wishing and waiting	You live optimistically while co-working on change
You are satisfied if you are coping and surviving	You are only satisfied if you are thriving
You let the others minimal improvement maintain your stalemate	You are encouraged by sincere, ongoing change for the better
You have few hobbies because you have no attention span for self-directed activity	You have excited interested in self-enhancing hobbies and projects
You make exceptions for a person for things you would not tolerate in anyone else	You have a personal standard that applies to everyone and asks for accountability
You are manipulated by flattery so you lose objectivity	You appreciate feedback and can distinguish it from attempts to manipulate



You try to create intimacy with a narcissist (or someone who is not available)	You relate only to partners with whom mutual love is possible
You are so strongly affected by another that obsession results	You are strongly affected by your partner's behavior and take it as information
You will forsake every personal limit to get sex, attention or the promise of it	You integrate sex or attention so that you can enjoy it but never at the cost of your integrity
You see your partner as causing your excitement	You see your partner as stimulating your excitement
You feel hurt and victimized but not angry	You let yourself feel angry and embark upon a program of change
You act out of compliance and compromise	You act out of agreement and negotiation
You do favors that you inwardly resist and cannot say no	You only do favors you choose to do, you can say no
You disregard intuition/integrity in favor of wishes	You honor your intuitions and distinguish them from wishes
You allow your partner to abuse your children and friends	You insist that others' boundaries be as safe as your own
You feel mostly afraid and confused	You feel mostly secure and clear
You are enmeshed in a drama that is beyond your control	You are always aware of your choices
You are living a life that is not yours, and that seems unalterable	You are living a life that approximates what you always wanted for yourself
You commit yourself for as long as the other needs you to be committed, there is no bottom line	You decide how, to what extent and how long you will be committed
You believe you have no right to secrets	You protect your private matters without having to lie