

Healthy Boundaries

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BOUNDARIES ARE TOO LOOSE

- You can't say no, because you are afraid of being criticized.
- You often change yourself to be what others think you should be.
- You feel constant guilt about others' problems.
- You share personal information before you have built a trusting relationship.
- You allow others to treat you disrespectfully.
- You are quick to offer help to others, but don't ask them to help you.
- You have difficulty identifying what you want, need, or feel.
- You don't have a sense of moral values and limits.

BOUNDARIES ARE TOO RIGID

- You say no to any request that takes you out of your "comfort zone."
- You rarely share your feelings with anyone.
- You are scared that if people really knew you they would reject you.
- You have difficulty identifying what others want, need or feel.
- You rarely ask for or offer help.
- You hate to admit you are wrong.
- You usually blame others when problems arise.

HEALTHY BOUNDARIES

- You enjoy helping others, but you can say no to others' requests when you need to.
- Your relationships are a mutual give and take.
- You respect and act on your values, even when others disagree.
- You know when a problem is your responsibility and when it is someone else's.
- You share personal information gradually, as you develop trust.
- You don't hang around with people who put you down or hurt you physically.
- You communicate your needs and feelings clearly in your relationships.
- You take responsibility for your own happiness and fulfillment. You allow others to be responsible for their own happiness and fulfillment.
- You value your opinions, feelings, and needs as much as others'.
- You are able to ask for help when you need it.

Adapted from Loretta Sparks, LMFT www.energypsychotherapy.com