

Integrity Counseling Inc.

Signs of Unhealthy Boundaries and Low Self-Esteem

- Trusting no one; trusting anyone.
- Telling all.
- Talking at an intimate level on first meeting.
- Falling in love with new acquaintance.
- Falling in love with anyone who reaches out.
- Acting on first sexual impulse.
- Being sexual for partner, not for self.
- Going against personal values or rights to please others.
- Not noticing when someone displays inappropriate boundaries.
- Not noticing when someone invades your boundaries.
- Accepting food, gifts, touch, sex that you don't want.
- Touching a person without asking.
- Taking as much as you can get for the sake of getting.
- Giving as much as you can give for the sake of giving.
- Allowing someone to take as much as they can from you.
- Letting others direct your life.
- Letting others describe your reality.
- Letting others define you.
- Believing others can anticipate your needs.
- Expecting others to fill your needs automatically.
- Falling apart so someone will take care of you.
- Self abuse-putting self down, overeating, getting drunk, not getting enough rest.
- Accepting sexual and physical abuse.