



HOW TO HEAL YOUR LIFE

Healthy vs. Unhealthy Boundaries

Healthy	Unhealthy
You can say no or yes, and others can say no to you	You can't say no because you are afraid of rejection or abandonment
You have a strong sense of identity and respect yourself	Your identity is based on what you think others want you to be, a chameleon
You expect reciprocity in a relationship and share responsibility and power	You have no balance of power or responsibility in your relationships. You tend to be either overly responsible and controlling, or passive and dependent
You know when the problem is yours and when it belongs to someone else	You take on other's problems as your own. You try to fix other's problems.
You share personal information gradually in a mutually sharing and trusting relationship	You share personal information too soon before establishing a mutually trusting relationship
You do not tolerate any form of abuse or disrespect	You have a high tolerance for abuse and being treated with disrespect
You know your own wants, needs and feelings and communicate them clearly	Your wants, needs and feelings are secondary to others and sometimes determined by others
You are committed to and responsible for exploring and nurturing your full potential	You ignore your inner voice (instinct) and allow others' expectations to define your potential
You are responsible for your own happiness and fulfillment, and allow others to be responsible for their own happiness and fulfillment	You feel responsible for other's happiness and fulfillment and sometimes rely on your relationships to create that for you
You value your opinions, instincts and feelings as much as or more than other's opinions and feelings	You tend to absorb the feelings of others, and rely on other's opinions, feelings and ideas more than you do your own
You know and respect your limits emotionally and physically, and allow others to define their own limits	You allow others to define your limits in order to please them or you try to define limits for others
You are able to ask for help when needed	You feel that asking for help is a sign of weakness and avoid it
You don't compromise your value or integrity to avoid rejection or adversity	You compromise your values and beliefs in order to please others or avoid conflict

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