



A Checklist on Boundaries in Relationships

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When you give up your boundaries in a relationship, you:


These entries define co-dependency

1. Are unclear about your preferences.
2. Do not notice unhappiness since enduring is your concern.
3. Alter your behavior, plans or opinions to fit the current moods or circumstances of another (live reactively).
4. Do more and more for less and less.
5. Take as truth someone else's interpretation.
6. Live hopefully while wishing and waiting.
7. Are satisfied if you are coping and surviving.
8. Let the other's minimal improvement maintain your stalemate.
9. Have few hobbies because you have no attention span for self-directed activity (doing something for yourself)
10. Make exceptions for this person for things you would not tolerate in anyone else and accept alibis.

When your boundaries are intact in a relationship you:

These entries define self-parenting (taking care of yourself appropriately)

1. Have clear preferences and act on them.
 2. Recognize when you are happy/unhappy.
 3. Acknowledge moods and circumstances around you while remaining centered.
 4. Do more when that gets results
 5. Trust your own intuition while being open to other's opinions.
 6. Live optimistically while co-working on change
 7. Are only satisfied if you are thriving
 8. Are encouraged by sincere ongoing change for the better
 9. Have excited interest in self-enhancing hobbies and projects (doing something for yourself)
 10. Have a personal standard that, albeit flexible, applies to everyone and asks for accountability
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11. Are manipulated by flattery/generosity so that you lose objectivity.
 12. Keep trying to create intimacy with a narcissist
 13. Are so strongly affected by another that obsession results
 14. See your partner as causing excitement
 15. Feel hurt and victimized but not angry.
 16. Act out of compliance and compromise
 17. Do favors that you inwardly resist (cannot say no).
 18. Disregard intuition in favor of wishes.
 19. Allow your partner to abuse your children or friends
 20. Mostly feel afraid and confused
 21. Are enmeshed (involved too deeply) in a drama that unfolds beyond your control
 22. Are living in a life that is not yours, and seems unalterable
 23. Commit yourself for as long as the other needs you to be committed that way (no bottom line).
 24. sBelieve you have no right to secrets

11. Appreciate feedback and can distinguish it from attempts to manipulate.
 12. Relate only to partners with whom mutual love is possible
 13. Are strongly affected by your partner's behavior and take it for the information it is
 14. See your partner as stimulating your own excitement
 15. Let yourself feel anger, say "ouch", and embark on a program of change
 16. Act out of agreement and negotiation
 17. Only do favors you choose to do (can say "no")
 18. Honor intuitions and distinguish them from wishes
 19. Do not accept abuse for yourself or anyone. Insist other's boundaries be as safe as your own.
 20. Mostly feel secure and clear.
 21. Are always aware of your options and your right to exercise them.
 22. Are living a life that mostly approximates what you always wanted for yourself.
 23. Decide how long and to what extent you will be committed.
 24. Protect your private matters without having to lie.
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