

# LIVING MOXIE

## PERSONAL BOUNDARIES

### Signs of Unhealthy Personal Boundaries

- Have you ever agreed when you didn't want to?
- Have you ever hidden how you feel just to keep the peace?
- Do you said yes, when you wanted to say no?
- Have you ever went along with an idea or plan even though it goes against your core values but it doesn't cause a scene?
- Do you fight for the right to be heard?
- Ever feel that someone is in your head trampling on all you believe and feel, but you are too scared to ask them to leave?
- Do you keep quiet in your personal values and opinions when you really want to say something?
- Do you ignore your personal needs?
- Does anyone blame you for how you made them feel?
- Are you expected to dump your boundaries and values because they don't please another?
- Do you expect the world to confirm to how you say it should go all the time?
- Do you ever feel violated and unsure of where you stand?
- Do you impose your values on others because you are right?

#### Note:

A lot of the personal boundaries you have today - healthy or not - will have come from previous experiences, significant past relationships (including care primary givers), what and who you observed as a child.

That means some of the boundaries you have set for yourself today may be a fall-out from your past. They may not be yours, but they may belong to those individuals in

your earlier years (like beliefs and values). They've been handed down to you, the same lines in the sand.

Ask yourself for all your answers above: *is this acceptable or unacceptable in my life, where did I learn this, what could happen if you set a new boundary for a new behaviour, what would you like the new boundary to be?*