

# KRISTIN SNOWDEN

*the journey from crisis to clarity*

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## Healthy vs. Unhealthy Boundaries Chart

Healthy Boundaries in a Relationship	Unhealthy Boundaries
You can say no or yes and you are okay when others say no to you	You can't say no, because you are afraid of rejection or abandonment
You have a strong sense of identity. You respect yourself	Your identity consists of what you think others want you to be. You are a chameleon
You expect reciprocity in a relationship—you 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/trusting relationship	You share personal information too soon....before establishing mutual trust/sharing
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. You communicate them clearly.	Your wants, needs, and feelings are secondary to others and are sometimes determined by others.
You are committed to and responsible for exploring 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. You allow others to be responsible for their own happiness and fulfillment.	You feel responsible for others' 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 people's opinions and feelings	You tend to absorb the feelings of others. You rely on others' opinions, feelings, and ideas more than you do your own.
You know and respect your limits (emotionally & physically). You 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 you need it	You feel that asking for help is a sign of weakness and you avoid it.
You don't compromise your values or integrity to avoid rejection or adversity	You compromise your values and beliefs in order to please others or avoid conflict.