

COMMON BOUNDARY TRAITS

RIGID/DETACHED	HEALTHY	POROUS/ENMESHED
Avoids intimacy and close relationships	Values own opinions	Overshares personal information
Unlikely to ask for help	Doesn't compromise values for others	Difficulty saying no to the requests of others
Has few close relationships	Shares personal information in an appropriate way (balance in what is shared)	Overinvolved with other people's problems
Very protective of personal information	Knows personal wants and needs and can effectively communicate them to others	Dependent on the opinions of others
May seem detached, even with romantic partners	Accepting when others say "no" to them	Accepting of abuse or disrespect
Keeps others at a distance to avoid the possibility of rejection	Respectful of other's boundaries	Fears rejection if they do not comply with others
DO YOU:	DO YOU:	DO YOU:
Have difficulty saying yes? Isolate? Distrust too easily? Feel lonely? Stay in relationships too briefly?	Avoid extremes? Maintain balance? Protect yourself? Maintain your self-respect? Recognize healthy people can tolerate what you feel and think?	Have difficulty saying no? Give too much? Get involved too quickly? Trust too easily? Intrude/violate others boundaries? Stay in relationships too long?

- Often, people are a mix of boundary types, depending on the context or situation. For example, someone could have healthy boundaries at work, enmeshed/porous relationships in romantic relationships and a mix of all three types of boundaries with their family. One size does not fit all.
- Boundaries can be heavily dependent on context, situation and setting. What is appropriate to say with friends may be inappropriate at work.
- Cultural norms influence boundaries. Some cultures have very different expectations. It is important to take cultural factors into consideration when examining appropriate boundaries.
- Healthy Boundaries are FLEXIBLE, SAFE, and CONNECTED
 - Can be both close and distant, adapt to situations, let go of destructive relationships, connect with nurturing relationships, protect against exploitation, read and respond to abusive/selfish cues, balanced, communicate and work through conflict effectively