

CAUSES OF DAMAGED BOUNDARIES:

- Conditional love - only being considered lovable when you - in your childhood years - behaved according to your parent's wishes and as unlovable when you didn't.
- If any boundaries you put up in your childhood years were met with:
 - Your parent's or main caregivers disrespect.
Main caregivers could be your nanny, grandparents, teachers or anyone who played an important part in your early years.
 - Your parents or main caregivers' overt or covert hostility.
 - Your parent's or main caregivers emotional withdrawal.
 - Ridicule and/or name calling (e.g. you idiot, loser, no-hoper etc).
 - Physical, emotional or any other type of abuse.
- Parental over-protectiveness.
- Having few (or no) limits imposed throughout childhood.
- Inconsistent limits - as often experienced by children of alcoholic, mentally ill or emotionally wounded and/or unstable parents.
- Experiences of trauma - as in cases of physical, sexual and/or severe emotional abuse.
- Experiences of trauma - as in being the victim of a severe accident or debilitating illness.
- Early loss of parent/s or main caregivers through death or divorce.
- Extreme financial hardship.

- Difficult personality or character traits as in being overactive and confronting (as sometimes seen in children who suffer from ADHD and/or other disabilities).
- Sharing your home with a sibling who requires significant parental attention and/or exhausts the parents' physical, mental and/or emotional energy as in severe or chronic illness or disability.
- Carrying adult responsibility in childhood as in being expected to care for younger siblings.
- Adopting a care-taking role for a parent/s or main caregiver as in parental alcoholism, chronic illness or disease.