

SIGNS OF DAMAGED BOUNDARIES:

- Little or no understanding or recognition of your own or other people's boundaries.
- Getting your sense of value through self-sacrifice and by caring for others.
- Constantly ignoring your own needs in favour of others' needs.
- Being invested in being the peacemaker.
- Not speaking up for yourself.
- Frequently feeling overwhelmed and pressured by other's demands.
- Saying "yes" to things you don't want to do. Focusing on everyone else's problems whilst ignoring your own.
- "Rescuing" and "fixing" others.
- Feeling like a martyr: "I am doing all this for them and they don't even appreciate it".
- Thinking that: "If I don't do it, nobody will".
- Feeling very anxious if you perceive that you are out of control of a situation.
- Not knowing what you really want, need or like and always looking towards others to determine this for you.
- Having no sense of self.
- Needing other's approval to feel okay about yourself. Allowing others to take advantage of you.
- Feeling trapped in situations you don't like to be in but having no idea of how to get out of them.
- Lacking the ability to self-care – believing that it's another's job to care for you, nurture and rescue you.

- Lacking self-responsibility – you perceive your problems to be caused by someone else.
- Frequent feelings of unhappiness.
- Allowing others to control and manipulate you.
- Being unable to ask for help.
- Being unable to deal with criticism (obsessing about it, feeling unfairly blamed and having a desperate need to “get even”).
- Feeling uncontrollable anger, hatred and rage.
- Feeling used, abused and victimized.
- Often feeling out of control of your life.