

SIGNS OF HEALTHY PERSONAL BOUNDARIES:

- Having a healthy sense of self - knowing and accepting your own thoughts, feelings, needs, wants and rights.
- Taking responsibility for your own feelings, thoughts, needs, wants and rights.
- Being able to verbalise your thoughts and feelings.
- Having the ability to ask for what you need.
- Being able to freely accept compliments.
- Being able to give compliments (without strings attached).
- Appreciating other's good fortune without feeling jealous of them.
- Feeling free to say "no" when appropriate.
- Saying "yes" only when you mean it.
- Recognising your choices and exercising them.
- Treating yourself (your thoughts, feelings, needs and wants) with respect.
- Expecting others to treat you (your thoughts feeling, needs and rights) with respect.
- Being able to deal with criticism (decide whether it is appropriate or not and act accordingly).
- Not allowing others to violate you – physically, emotionally, verbally, sexually - or in any other way.
- Responding appropriately to those who would attempt to violate or abuse you.
- Treating others (their thoughts, feelings, needs and rights) with respect.

- Not rescuing others from the consequences of their actions.
- Not attempting to manipulate or control others.
- Not allowing others to manipulate or control you.
- Being open to learning, change and personal growth.

