

## **Boundary Violations Against Self**

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- 1. We violate and continue to weaken our own boundaries by not taking care of ourselves.**

For example, we don't eat as we should, we don't rest when we need to, we don't say no when we should, we isolate when we should be mixing, we don't exercise enough, we exercise too much, we don't allow ourselves enough leisure time, or we allow ourselves too much leisure time.

How could you take better care of yourself?

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- 2. We violate and continue to weaken our own boundaries by abusing our thought life.**

We abuse ourselves by the things we listen to, read, look at, and the resentments we carry around inside our minds.

How could you take better care of yourself in your thought life?

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- 3. We abuse ourselves by our addictive and obsessive/compulsive behaviors, the substances we use, and the things we do to medicate our pain.**

Addictive substances and compulsive behaviors directly affect our physical, mental, and emotional health. The more we use our drug of choice, the more we avoid the issues that cause the pain. The more we avoid the issues that cause the pain, the more we are compelled to use our drug of choice. Our addictive use and behaviors will kill us if not interrupted.

How are your addictions and obsessive/compulsive behaviors abusive to you?

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What kinds of choices could you make about your addictions and obsessive/compulsive behaviors that would improve the quality of your life?

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**4. We violate ourselves by what we say to ourselves.**

If we have been raised in a negative, non-nurturing environment, we will not have a healthy attitude toward ourselves, and we will speak negatively about ourselves. These negative words defile us and program us for failure.

How are you abusing yourself with negative statements about yourself, or how are you putting yourself down?

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How could you change what you think and say about yourself in order to improve your self-image and possibly the quality of your life?

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**5. We violate ourselves by having unrealistic expectations of others, which sets us up to be hurt.**

Make a list of key persons in your life and the expectations you have of them.

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Which of the expectations are fair? Put a check mark beside them.

Which of the expectations are realistic? Put a "X" beside them.

Which of the expectations set you up to be disappointed and hurt? Underline them.

How can you change your expectations of these people, allowing them and yourself some slack?

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**6. We violate ourselves when we set ourselves up to be a victim by continuing to harm ourselves by doing the same destructive things over and over again, expecting different results.**

What is something in your life that you keep repeating, hoping the next time that things will work out even though they never do?

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How is that bringing harm to you?

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Why do you keep doing it?

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What can you do to stop it?

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How else might you violate your own boundaries?

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What could you do to change these behaviors?

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