



Ways That People Invade Your Boundaries

1. Requests for time or assistance that ignore refusals, or that, once acquiesced to, go on to require far more time or effort than was originally agreed to.
2. Borrowing items and not returning them, or not returning them on time, or returning them damaged or unusable.
3. Using your belongings or personal property as a matter of course without getting your approval first.
4. Holding you hostage by continuing a conversation without regard for the fact that you have said you must leave or are busy, or you clearly want to put an end to the interaction.
5. Offering your help, or making promises on your behalf, to someone else without first consulting you.
6. Crowding you physically. (This may be a cultural issue. Different cultures vary tremendously in the amount of personal space between two people that is socially acceptable.)
7. Invading your space, exploring your property, going through your purse or into closed doors and cupboards uninvited.
8. Asking for personal information when you've made it clear you don't want to give it.
9. Asking you to go against your values or better judgment and persisting when you refuse.
10. Keeping you waiting; not keeping appointments; and, in general, not respecting your time.

Make A Commitment: I will review my boundaries and make the appropriate changes.

Deadline: _____