

# 13a Sandra Wilson

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<b>Healthy Boundaries and Overdependent Extremes</b>		
<i>Too Permeable (Inappropriate)</i>	<i>Permeable (Appropriate)</i>	<i>Impermeable (Inappropriate)</i>
I talk at an intimate level at the first meeting.	I don't overwhelm people with personal information. I allow time for trust to develop.	I don't ever open, even to people I know to be trustworthy and caring.
I am overwhelmed and preoccupied with a person and his or her needs.	I am able to keep relationships in perspective and function effectively in other areas of my life.	I don't let myself even think about another person I'm interested in.
I can fall in love with a new acquaintance.	I know love is based on respect and trust; these take time to develop.	I don't let loving feelings ever develop for anyone.
I let others determine my reality.	I believe my perceptions are as accurate as anyone else's.	I am unwilling to listen to others' perceptions.
I let others direct my life.	I make decisions for myself based on God's leading of my choices.	I refuse to consider the opinions of others.
I don't ever notice when others invade my personal boundaries.	I notice when others try to make decisions for me, are overly helpful or don't consult me about planning my time.	I never allow anyone to help me or give me ideas and suggestions, even when it is helpful and appropriate.
I sacrifice my values if I have to in order to be close to other people.	I am not willing to "do anything" to maintain a relationship. I have biblical values that are not negotiable.	I am never willing to change anything I do to please anybody.