

**- EVALUATE YOUR MOTHER & FATHER -  
WHEN THEY GAVE UP BOUNDARIES  
IN THEIR RELATIONSHIP, DID THEY :**

**- EVALUATE YOUR MOTHER & FATHER -  
WHEN THEY MAINTAINED THEIR  
BOUNDARIES INTACT DID THEY :**

1	Become unclear about their preferences.	1	Have clear preferences and act upon them.
2	Not notice unhappiness since that was not their problem	2	Recognize when they were happy / unhappy.
3	Alter their behavior, plans, or opinions to fit the current moods or circumstances of their partner (live reactively).	3	Acknowledge moods and circumstances around them while remaining centered. (living actively)
4	Do more and more for less and less.	4	Do more of the same when that got results.
5	Take as truth the most recent opinion that they had heard.	5	Trust their own intuition while being open to their partners opinions.
6	Live hopefully while wishing and waiting.	6	Live optimistically while co-working on change.
7	Become satisfied if their partner was only coping/surviving	7	Become only satisfied if they were thriving.
8	Let their partner's minimal improvement maintain their stalemate.	8	Become encouraged by sincere, ongoing change for the better.
9	Have few hobbies because they had no attention span for self-directed activity.	9	Have excited interest in self-enhancing hobbies and projects.
10	Make exceptions for their partner for things that they would not tolerate in anyone else and accept alibis.	10	Have a personal standard, albeit flexible, that applies to everyone and asks for accountability.
11	Become manipulated by flattery so that they lost objectivity.	11	Appreciate feedback and could they distinguish it from attempts to manipulate.
12	Try to create intimacy with a narcissist.	12	Relate only to partners with whom mutual love is possible.
13	Become so strongly affected by another that obsession results.	13	Act strongly affected by their partner's behavior and take it as information.
14	Become willing to forsake every personal limit to get sex or the promise of it.	14	Integrate sex to that they could enjoy it but never at the cost of your their integrity.
15	See their partner as causing their own excitement.	15	See their partner as stimulating their excitement.
16	Feel hurt and victimized but not get angry.	16	Let themselves feel anger, say "ouch" and embark upon a program of change.
17	Act out of compliance and compromise.	17	Act out of agreement and negotiation.
18	Do favors that they inwardly resist ( will not say no).	18	Only do favors that they choose to do ( would say no)
19	Disregard intuition in favor of wishes.	19	Honor intuitions and distinguish them from wishes.
20	Allow their partner to abuse you children or your friends.	20	Insist partner's boundaries be as safe as their own.
21	Mostly feel afraid and confused.	21	Mostly feel secure and clear.
22	Act enmeshed in a drama that is beyond their control.	22	Maintain their aware ness of choices.
23	Act like they were living a life that is not theirs, and that that life style seemed unalterable.	23	Live a life that mostly approximates what they always wanted for themselves.
24	Commit them self for as long as the other needs them to be committed (no bottom line)	24	Decide how, to what extent, and how long they would be committed.
25	Believe that they had no rights to secrets.	25	Protect their private matters without having to lie or be surreptitious.

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**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**