BOUNDARIES (Chpt 18 Drive Your Own Darn Bus, Julia Kristina)
20 Signs of unhealthy boundaries:

1. Overworking yourself to the point of burnout.
2. Doing things you don't want to do to avoid upsetting anyone.
3. Going against your personal values or ethics to please others.
4. Getting annoyed at others for nosing into your business.
5. Getting frustrated with people who won't give you space.
6. Feeling like you're obligated to do something just because someone asked.
7. Taking on more than you can handle.
8. Feeling resentful toward others for not appreciating you.
9. Allowing people to take whatever they want from you.
10. Letting other people make decisions for you (or asking them to).
11. Defining yourself based on what others say or do.
12. Feeling uncomfortable at the thought of saying no.
13. Feeling guilty when you say no.
14. Saying yes when you want to say no.
15. Feeling angry toward others when they ask things of you.
16. Taking something on because you want people to think you're a "good" person.
17. Agreeing to do things just so that people won't reject you.
18. Thinking people won't value you unless you go along with what they want.
19. Getting angry because you never get a break.
20. Judging other people when they have boundaries.