

Boundary Violations Against Others

1. We violate others when we violate ourselves.

Since we are connected physically, spiritually, emotionally, environmentally, economically, politically, and socially, every violation has repercussions on a larger body of people and circumstances.

In what way can you stop violating yourself in order to prevent violating others as well? (Consider addictions, sex, food, money, attitudes, time, etc.)

2. We violate others by what we do to them that we should not do, and by what we fail to do that we should have done.

Our actions or failure to act can adversely affect others' feelings, time, property, bodies, relationships, and individual rights.

How can you change your behaviors in order to show respect for others?

3. We violate people by taking advantage of their goodness.

Some people never say no and are always ready to lend a helping hand. Others take advantage of that.

How have you possibly violated someone by taking advantage of their goodness?

- 4. We violate the boundaries of others by our preoccupation with work, play, watching TV, etc., the things that take away time that belongs to others because of the nature of our relationship with them.**

What things can you do or stop doing to build up your relationship with the significant others in your life (mate, children, etc.)?

- 5. We violate the boundaries of others by the things we say to others and the way we say them (such as ridicule, sarcasm, and put-downs).**

How can you change what you say about yourself and others that would build self-esteem?

- 6. We violate the boundaries of others by the things we say about them through gossip, slander, criticism, and judgmentalism.**

We can violate boundaries by listening to conversations that are none of our business, or by not listening to someone to whom we should be listening, such as our mates and children.

What actions can you take in the future to stop gossip, slander, criticism, and judgmentalism?

7. We violate the boundaries of others by our attitudes of prejudice, bigotry, and separatism.

What decision can you make or action can you take to eliminate prejudice, bigotry, or separatism?

8. We violate the boundaries of others through abandonment and rejection.

What choices do you need to make to avoid abandoning others for whom you have a legitimate responsibility?

9. We violate the boundaries of others when we insist on unreasonable conformity to our self-centered agendas.

How can you protect yourself from being the victim of someone else's self-centered agenda?

What changes can you make to avoid the victimization of others by your own self-serving agenda?

10. We violate the boundaries of others in our codependency.

Basically, codependents are people who have lost their identity by taking care of the needs of other people. Codependents think they are helping others by doing for those others what they could and should be doing for themselves. Instead, they are enabling others to continue in their dysfunction.

What tough love decisions do you need to make for the sake of another person?

11. We violate the boundaries of others through manipulation.

Manipulation is the result of feelings of insecurity and fear. We resort to manipulation to try to control our world. The irony is that manipulation sets us up for further rejection, insecurity, and fear.

What can you do to stand against manipulation from another person?

What changes can you make to avoid manipulating someone in your life, such as trying to get them to do what you think is right even though it appears to be going against their will?

12. We violate the boundaries of others through triangulation, a process where one person in a relationship sends a message to another person through a third party.

Triangulation often occurs because a manipulator loses control of another person and wants to bring in a third party to get the other person to do what the manipulator wants.

What changes do you need to make in how you relate others in order to avoid involving them in triangulation?

How can you avoid being the third party victim in a situation that should not have been any of your business?
