

Are Your Boundaries Too Weak or Too Rigid?

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Rigid



- Difficulty trusting
- Inflexible rules about what you will and won't do
- Things need to be done your way
- Need to feel in control
- Quick to cut people out of your life
- Surface-level relationships
- Feel misunderstood and alone
- "Closed off", reluctant to share or be vulnerable

Healthy Boundaries

- Assertive
- Directly ask for what you want or need
- Clear about how you want to be treated and what's your responsibility
- Say no without feeling guilty
- Respect other people's limits and boundaries
- Strong sense of who you are and what matters to you
- Share personal information appropriately for the situation and relationship



Weak

- Passive
- Don't ask for what you want or need
- Allow others to mistreat you
- People-pleasing
- Unsure of what you like, what matters to you, what you need or want
- Crave external validation
- Overshare personal information

Learn More



Free
Boundaries
Quiz

What Type of Boundary Setter
Are You?

Article

4 Signs Your Boundaries Are
Too Weak or Too Rigid

Book

The Better Boundaries
Workbook
by Sharon Martin

