

**HEALTHY BOUNDARIES:**  
**DRAW HEALTHY PEOPLE TO YOU**  
**& DRAW YOU TO HEALTHY PEOPLE**

| Signs of UNHEALTHY BOUNDARIES   | Signs of HEALTHY BOUNDARIES  |
|---|--|
| Telling All   | Revealing a little of yourself at a time, then checking to see how the other person responds to your sharing.....                        |
| Trusting no one.... Trusting anyone.....<br>Black & White thinking    | Appropriate trust.....   |
| Not noticing when someone else displays inappropriate boundaries..... | Notice when someone else displays inappropriate boundaries.....  |
| Not noticing when someone else invades your boundaries.....           | Notice when someone invades your boundaries.....   |
| Talking at an intimate level at the first meeting.....                | Moving step by step into intimacy....  |
| Acting on the first sexual impulse.....                               | Weighing the consequence before acting on sexual impulse.....  |
| Being sexual for your partner, not yourself....                       | Being sexual when you want to be sexual concentrating largely on your own pleasure rather than monitoring reactions of your partner..... |
| Going against personal values or rights to please another person..... | Maintaining personal values despite what others want.....  |
| Falling in love with someone who reaches out....                      | Deciding whether a potential relationship will be good for you.....  |
| Falling in love with a new acquaintance.....                          | Putting a new acquaintanceship on hold until you check for compatibility.....  |
| Accepting food, touch, gifts, sex that you don't want.....            | Saying "no" to food, gifts, touch, sex you don't want.....   |
| Touching a person without asking.....                                 | Asking a person before touching them....   |
| Taking as much as you can get for the sake of getting.....            | Respect for others – not taking advantage of someone else's generosity.....  |
| Giving as much as you can give for the sake of giving.....            | Self-respect – not giving too much in hope that someone will like you.....   |
| Letting others define you.....  | Knowing who you are & what you want....  |
| Letting others direct your life.....                                  | Trusting your own decisions.....   |
| Letting others describe your reality.....                             | Defining your truth, as you see it.....  |
| Believing others can anticipate your needs.....                       | Recognizing that friends and partners are not mind readers.....  |
| Expecting others to fill your needs automatically                     | Clearly communicating your wants and needs (and recognizing that you may be turned down, but you can ask)                                |
| Allowing someone to take as much as they can from you.....            | Not allowing someone to take advantage of your generosity.....   |
| Falling apart so someone will take care of you...                     | Staying focused on your own growth and recovery.....   |
| Sexual, physical, food abuse.....                                     | Talking to yourself with gentleness, humour, love, and respect.....  |
| Being overwhelmed by a person.... preoccupied.....                    | Becoming your own loving parent.....   |

### Characteristics of Unbroken (Proud) and Broken (Humble) People

Nancy Leigh DeMoss contrasts characteristics of proud, unbroken people who are resistant to the call of God on their lives with the qualities of broken, humble people who have experienced God's revival. <http://www.ReviveOurHearts.com>.

|    | <b>UNBROKEN PEOPLE</b>   | <b>BROKEN PEOPLE</b>   |
|----|--|--|
| 1  | Focus on the failures of others  | Overwhelmed with sense of their own spiritual need   |
| 2  | A critical, fault-finding spirit; look at everyone else's faults with a microscope, but their own with a telescope | Compassionate; can forgive much because they know how much they have been forgiven                               |
| 3  | Self-righteous; look down on others  | Esteem all others better than themselves   |
| 4  | Independent, self-sufficient spirit  | Dependent spirit; recognize their need for others  |
| 5  | Have to prove that they are right  | Willing to yield the right to be right   |
| 6  | Claim rights; have a demanding spirit  | Yield their rights; have a meek spirit   |
| 7  | Self-protective of time, rights, reputation  | Self-denying   |
| 8  | Desire to be served  | Motivated to serve others  |
| 9  | Desire to be a success   | Motivated to be faithful to make others a success  |
| 10 | Desire self-advancement  | Desire to promote others   |
| 11 | Have a drive to be recognized/appreciated  | Have a sense of their own unworthiness; thrilled that God would use them at all                                  |
| 12 | Wounded when others are promoted and they are overlooked   | Eager for others to get the credit; rejoice when others are lifted up  |
| 13 | Have a subconscious feeling, "This church is privileged to have me & my gifts!"                                    | Heart attitude is, "I don't deserve to have a part in any ministry."   |
| 14 | Think of what they can do for God  | Nothing to offer God except the life of Jesus flowing through their broken lives                                 |
| 15 | Feel confident in how much they know   | Humbled by how much they have to learn   |
| 16 | Self-conscious   | Not concerned with self at all   |
| 17 | Keep others at arm's length  | Willing to risk getting close to others and to take risks of loving intimately                                   |
| 18 | Quick to blame others  | Accept personal responsibility – can see where they are wrong in a situation                                     |
| 19 | Unapproachable or defensive when criticized  | Receive criticism with a humble, open spirit   |
| 20 | Concerned with being "respectable"   | Concerned with being real  |
| 21 | Concerned about what others think  | All that matters is what God knows   |
| 22 | Work to maintain image / protect reputation  | Die to own reputation  |
| 23 | Find it difficult to share their spiritual needs with others   | Willing to be open and transparent with others as God directs  |
| 24 | Want to be sure nobody finds out when they have sinned; their instinct is to cover up                              | Once broken, don't care who knows or who finds out; are willing to be exposed because they have nothing to lose) |
| 25 | Have a hard time saying, "I was wrong; will you please forgive me?"  | Quick to admit failure and to seek forgiveness when necessary.   |
| 26 | When confessing sin, deal with generalities  | Able to acknowledge specifics when confessing sin  |
| 27 | Concerned about the consequence of their sin   | Grieved over the cause, the root of their sins   |
| 28 | Unremorseful over their sins, sorry that they got caught or found out  | Truly, genuinely repentant over their sin, evidenced in the fact that they forsake that sin                      |
| 29 | When there is a misunderstanding/ conflict, wait for others to come & ask forgiveness                              | Take the initiative to be reconciled; see if they can get to the cross first!                                    |
| 30 | Compare themselves with others and feel worthy of honor  | Compare themselves to the holiness of God and feel a desperate need for His mercy                                |
| 31 | Blind to their true heart condition  | Walk in the light  |
| 32 | Don't think they have anything to repent of  | Continual heart attitude of repentance   |
| 33 | Don't think they need revival. (Think everybody else does!)  | Continually sense their need for a fresh encounter with the filling of the Holy Spirit!                          |