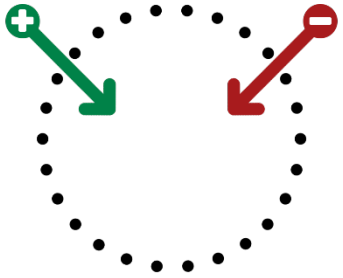
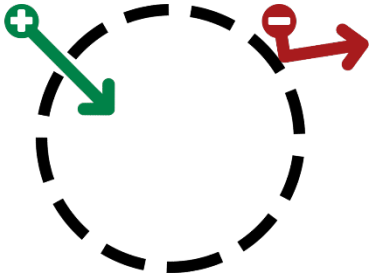
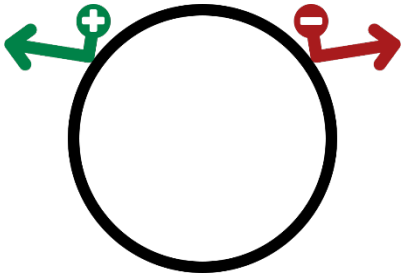
Boundary Styles

Boundaries define what is acceptable, and what is not, in a relationship. It is possible to have different boundary types in different relationships.

Porous Boundaries	Healthy Boundaries	Rigid Boundaries
		
Lets almost anyone get close to them	Selective about whom to let in and keep out	Keeps most people at a distance
Overly trusting of others, even strangers	Takes time to build trust with others	Very untrusting of others
Overshares personal information	Shares personal information appropriately	Very guarded with personal information
Has difficulty saying “no” to others	Able to say “no” when needed	Says “no” to others most of the time
Overly involved in others’ problems	Supports others without being too involved	Detached from others’ problems
Quick to adopt others’ opinions	Values both own and others’ opinions	Tends to ignore others’ opinions
Avoids conflict by giving in to others	Accepts conflict as a normal part of life	Avoids conflict by pushing others away
Does not assert personal values	Stands by personal values, but can adapt	Has inflexible personal values
Communicates passively	Communicates assertively	Communicates aggressively

© 2022 Therapist Aid LLC