

Boundary Types

Types	✘ Porous	✔ Healthy	✘ Rigid
Physical boundaries refer to personal space and physical touch.	Allowing or initiating unwanted touch or physical closeness	Allowing or initiating appropriate touch or physical closeness	Never allowing or initiating appropriate touch or physical closeness
Emotional boundaries refer to feelings.	Oversharing or taking on too much of someone else's emotions	Sharing and connecting with others in a way that feels right to you	Never sharing your emotions or never attending to those of others
Intellectual boundaries refer to thoughts and ideas.	Caving in to others' views or never having views of your own	Respecting others' views while also standing up for your own	Insisting you're always right and never considering other views
Sexual boundaries refer to how and with whom you express your sexuality.	Going along with sexual activity despite not wanting to	Honoring your sexual desires, preferences, and limits	Always denying sexual desires even when compatible with your morals
Material boundaries refer to how you use your money and possessions.	Overspending or overgiving in a way that doesn't serve your well-being	Being generous without overgiving or creating codependency	Being excessively stingy and guarded with money or possessions
Time boundaries refer to how you spend your time.	Wasting time on things that don't matter or allowing others to dictate your schedule	Devoting enough time to the things that are important to you	Never being flexible or spontaneous with your time