

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

Boundary Violations

These come from the work of Pia Mellody. External Boundary Violations are what others do to you.
Internal Boundary Violations are what you do to others (failure of proper containment).

INTERNAL BOUNDARY VIOLATIONS:

- Yelling and screaming
- Talking about the other person to the person, telling them what to do, what they are thinking, or how they are.
- Name-calling
- Ridiculing or making fun of another person
- Lying
- Breaking a commitment
- Patronizing a person. (Better than)
- Attempting to control or manipulate another person by telling them what to do, say, act or what they are feeling
- Being sarcastic especially when being intimate
- Shaming or blaming a person
- Interrupting

EXTERNAL PHYSICAL BOUNDARY VIOLATIONS:

- Standing too close to a person without his/her permission
- Touching a person without his/her permission
- Getting into a person's personal belongings and living space such as one's purse, wallet, mail, and closet
- Listening to a person's personal conversations or telephone conversations without his/her permission
- Not allowing a person to have privacy or violating a person's right to privacy
- Exposing others to physical illness due to your having a contagious disease

SEXUAL BOUNDARY VIOLATIONS:

- Touching a person sexually without his/her permission
- Not negotiating when, where, and how to engage in sexual activity
- Insisting on having your way sexually in the face of another's "NO"
- Demanding unsafe sexual practices

- Leaving pornography where others who do not wish to or should not see it may see it
- Exposing oneself to others without their consent
- Staring or looking at another person lustily (voyeurism) without his/her permission
- Exposing visually and/or auditory to others on your sexual activities without their consent

COMMUNICATION BOUNDARY VIOLATIONS:

- Calling, emailing, or texting you excessively
- Responding to you with sarcasm, eye-rolling, or mockery (called contempt)
- Raising their voice or yelling in your presence
- Blaming you for their anger or actions
- Interrupting you
- Monopolizing the conversation
- Rejecting, minimizing, or ignoring your feelings (called invalidation)
- Failing to take responsibility for any aspect of your disagreement
- Giving you the silent treatment or shutting down
- Calling you names
- Denying or distorting your reality (called 'gaslighting')
- Being deceptive or withholding information
- Giving you back-handed compliments or engaging in passive-aggressive behaviors
- Suddenly failing to honor previously agreed upon agreements Criticism
- All or nothing statements (e.g., you've never loved me!)
- Assumptions (e.g., you are the kind of person who...)
- Pointing out your flaws (e.g., you aren't very good at...)

PHYSICAL BOUNDARY VIOLATIONS:

- Attempting to isolate you from friends or family
- Touching you without permission (e.g., hitting or sexual touch)
- Looking through your belongings without permission
- Blocking you from leaving a room or home
- Throwing or breaking things in your presence
- Threatening you or using aggressive gestures
- Denying your personal space or privacy
- Standing too close to you or talking too closely
- Exposing children to yelling or physical fighting

SEXUAL BOUNDARY VIOLATIONS:

- Repeatedly being asked to have sex after saying "no"
- Ongoing deception about your partner's sexual behavior
- Exposing children to sexual content
- Exposure to STDs through your partner's sexual behavior
- Having your sexual preferences shamed
- Being inappropriately stared at or objectified
- Being touched sexually while asleep

OTHER VIOLATIONS:

- Aggressive movements (e.g., slamming doors, storming around the house)
- Constant negativity, complaining or whining
- Making unrealistic demands on someone's time, energy, or finances
- Continued lateness
- Spending someone else's money on items that are not agreed upon
- Refusing to participate in household chores or other relational activities
- Suddenly failing to honor previously agreed-upon commitments
- Difficulty allowing others to finish their thoughts without interrupting
- Telling other people how to manage their affairs
- Talking to them about them and what they are thinking or feeling or doing without consent.
- Criticism
- Difficulty saying "no" to requests for my time, energy, and other resources
- Blaming others for undesirable results
- Using the silent treatment when I don't get my way
- Withdrawing when I experience fear
- Talking and analyzing instead of allowing others to get close
- Allowing others to touch me when I don't really want to be touched
- Difficult honoring someone else's "no"
- Children had no privacy rights and could expect that at any moment someone might open the door and come into their bedrooms
- Physical punishment was common
- People were frequently interrupted while speaking
- Blaming others for undesirable outcomes was a common theme among adults and children alike
- When people became overwhelmed or lose control, they would resort to hiding behind walls of anger or silence rather than communicate their experience and ask for what they needed
- Can't say no without being told you are selfish and guilty.
- No way to keep connection while still saying no or doing something different than parent wanted.
- Not safe to say no or have a boundary