

Healthy Boundaries

Takes self too serious	Accepting	Critical	Shared Decision making	Have fun together
Break Promises	Sincere	Negotiators	Active listening	Self Centered
Similar Values	Talks about Feelings	FREE	Apologizes when wrong	Excessive computer use
Fight Fair	Shares feelings	Has Self Directed Goals	Demands all your time	Listens
Defensiveness	Balanced Giving/Receiving	Not expressing feelings	Thoughtful	Controlling

Healthy Boundaries

Talks about Feelings	Active listening	Shared Decision making	Break Promises	Negotiators
Critical	Thoughtful	Have fun together	Balanced Giving/Receiving	Self Centered
Fight Fair	Apologizes when wrong	FREE	Excessive computer use	Accepting
Demands all your time	Not expressing feelings	Takes self too serious	Controlling	Shares feelings
Has Self Directed Goals	Listens	Similar Values	Sincere	Defensiveness

Healthy Boundaries

Balanced Giving/Receiving	Not expressing feelings	Active listening	Listens	Apologizes when wrong
Takes self too serious	Fight Fair	Has Self Directed Goals	Sincere	Have fun together
Similar Values	Controlling	FREE	Shares feelings	Demands all your time
Talks about Feelings	Self Centered	Shared Decision making	Thoughtful	Critical
Excessive computer use	Accepting	Negotiators	Break Promises	Defensiveness