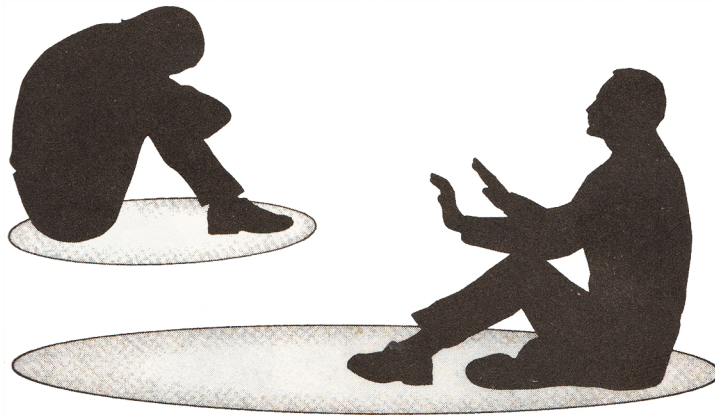
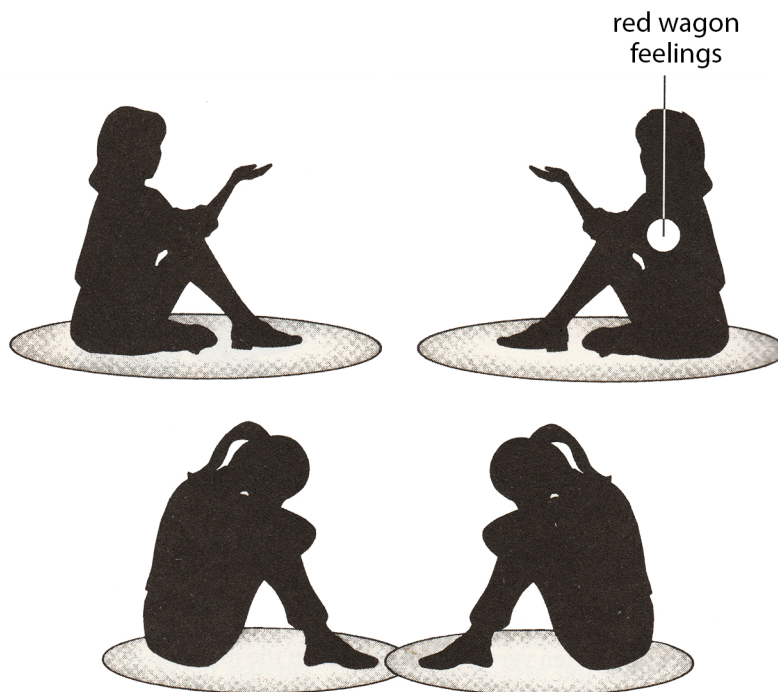


If your boundary is very close to your body, you may shut down or close in - connect with anyone in order to feel safe.

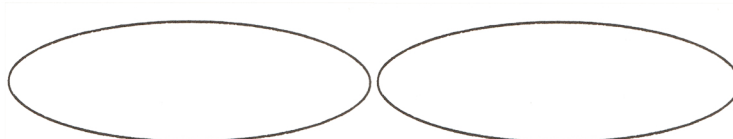


If your boundary is very wide and expansive, you may distance or decide you are not willing to when you are angry or afraid.

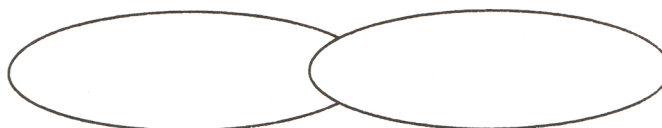
A good boundary gives you enough space to feel yourself and your own feelings as well as the feelings of your partner.



Codependence or a lack of boundaries looks like this.



This is called "your way or my way."



This is called "I can't live without you. If you think I'm lovable, then I feel lovable. If you think I'm bad, I feel bad about myself."