

RLT BOUNDARY VIOLATIONS

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.
- 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 auditorily others to your sexual activities without their consent.

INTERNAL BOUNDARY VIOLATIONS

- Yelling and screaming.
- Name calling.
- Ridiculing a person.
- Lying.
- Breaking a commitment.
- Patronizing a person. (Better than)
- Telling a person how he/she should be or what he/she should do (Negative control), or what they are thinking, feeling, or motivated by.
- Being sarcastic.
- Shaming a person.