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## Types of Boundary Violations in Relationships

### External & Physical Boundary Violations

- Standing too close to a person without their permission.
- Touching a person without their permission.
- Getting into a person's personal belongings and living space (e.g. purse, wallet, mail, closet, bathroom, phone, computer).
- Listening to a person's personal conversations or telephone conversations without their permission.

### Sexual Boundary Violations

- Touching a person sexually without their permission.
- Not negotiating when, where, and how to engage in sexual activity.
- Demanding unsafe sexual practices.
- Leaving porn where others who do not wish to or should not see it, may see it.
- Staring or looking at another person lustily (voyeurism) without their permission.
- Exposing people to your sexual activities without your partner's consent.

### Emotional Boundary Violations

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