

BOUNDARIES

PERSONALITY DYNAMICS OF PEOPLE WITH EATING DISORDERS:

LOW SELF-ESTEEM
DIFFICULTY HANDLING STRESS
PERFECTIONISM
PEOPLE-PLEASING
MANIPULATION - OFTEN SURVIVAL BASED
DEPRESSION
LOW FRUSTRATION TOLERANCE (E.G. "I CAN'T STAND THIS")
POOR IMPULSE CONTROL - INSTANT GRATIFICATION
DISTORTED BODY IMAGE
NEED FOR EXTERNAL VALIDATION

APPROPRIATE BOUNDARIES:

DIFFERENTIATION OF SELF FROM OTHERS
PRIVACY (ESPECIALLY OF BODY PARTS)
APPROPRIATE WAYS OF TOUCHING

BODY BOUNDARIES:

AWARENESS OF WHERE ONE BEGINS, ENDS
(E.G. WILL I FIT INTO THE CHAIR?)
SPATIAL RELATIONSHIP TO OTHERS (COMFORT ZONE)
INFLUENCE OF VERBAL AND NON-VERBAL CUES
(INFANTS CAN SENSE PARENTAL FEELINGS, NEEDS)

BOUNDARY VIOLATION:

ABUSE: PHYSICAL, EMOTIONAL, SEXUAL
ABANDONMENT: PHYSICAL AND/OR EMOTIONAL
RIGID RULES
CHAOS/NO LIMITS
CHILD HELD RESPONSIBLE FOR PARENT'S FEELINGS AND/OR PROTECTION
EMMESHMENT: PARENT USES CHILD TO FULFILL OWN EMOTIONAL NEEDS

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