

How to Strengthen Your Boundaries While Dating Online

Online dating can involve a lack of inhibition. This often manifests as boundlessness, such as excessive openness, giving in to fast-paced messaging, or sharing intimate photos or videos. Lack of inhibition online can significantly increase the risk of becoming a victim of romance scams.

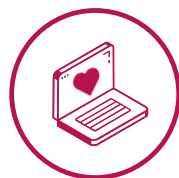


Online Disinhibition Makes Us Vulnerable

Online disinhibition refers to a phenomenon where people say or do things online that they would not likely do face to face. Being online can feel more relaxed and free, which makes many people express themselves more boldly. We may find it easier to share personal things more openly with people we have never met in real life.



Online anonymity benefits romance scammers and other cybercriminals who operate on dating apps and social media platforms with fraudulent intentions.



Online dating can be safe, but it requires setting and recognizing your own digital boundaries. What kind of boundaries should you pay attention to when meeting new people online?



Communication Boundaries

Clear communication allows you to express your feelings and needs to the person you are chatting with. They should respect and take them into account. If you experience ongoing disrespect, such as pressure, manipulation, sudden disappearance, or communication that progresses too quickly, it is healthy and respectful to yourself to set boundaries and stop contacting the person.



Sharing Intimate Photos Or Videos

If you receive unsolicited intimate images or feel pressured to share them, it is important to know that non-consensual sharing of intimate images is widely prohibited by law and can carry serious consequences. Sharing intimate images always carries the risk that they will end up in the wrong hands or be used to extort the sender.



Ending an Unhealthy Online Relationship

Ending an online relationship is essential if you are constantly being manipulated or treated disrespectfully. It is important to remember that this reflects your partner's behavior, not your worth as a person. Value your own time, feelings, and needs, and remember that ultimately, you can only control your own actions and choices.



Life Outside the Online World

You can take care of your own boundaries and well-being by focusing on your life outside of the online world. See your loved ones and friends, and do concrete things in your everyday life that primarily make you feel good. By making choices that are good for you, you will increase the cycle of positivity in your life.