

Boundaries Builder

Create clear, healthy boundaries

Instructions:

Healthy boundaries protect your relationship and honor both partners' needs. Complete this together with open communication.

Part 1: Personal Boundaries

Time & Space

- How much alone time does each person need?
- What are our expectations for checking in when apart?
- How do we handle time with friends separately?

Communication

- What topics are off-limits during arguments?
- How do we handle criticism or feedback?
- What's our policy on discussing our relationship with others?

Physical Intimacy

- How do we communicate when we're not in the mood?
- What are our boundaries around affection in public?
- How do we respect each other's physical space?

Technology & Privacy

- What are our boundaries around phones and social media?
- Do we share passwords? What level of privacy do we need?
- How do we handle phone time during quality time together?

Part 2: Our Boundary Agreement

Based on your discussion, write your top 5 relationship boundaries:

1.

2.

3.

4.

5.

Action Steps:

- Review these boundaries monthly
- Create a safe word or signal for when boundaries are crossed
- Practice saying 'no' lovingly when you need to enforce a boundary