

Family Boundaries Toolkit

Union of Saints

1. Short Letter (Boundary-Setting)

[Your Name / Family Name]

[Date]

Dear [Name],

We appreciate your care and concern for our family. However, we need to be clear: we are making our own choices for our home and family life. We kindly ask that you do not offer advice or impose expectations unless we specifically request it.

We are asking for respect of our privacy and our boundaries. This means:

- No unsolicited advice or monitoring of our choices.
- No attempts to impose rules or obligations that we have not agreed to.
- Respecting our family's decisions, even if they are different from your own.

If these boundaries are not honored, we will need to limit communication for the health and unity of our family.

Thank you for understanding. We hope to continue our relationship in a way that is respectful and supportive.

Sincerely,

[Your Name / Family Name]

2. Family Boundary Agreement

This agreement affirms our family's right to set and maintain boundaries with those outside our household.

Our Family Values

- We decide together what is best for our home.
- We welcome love, support, and respect.
- We will protect our privacy and unity.

Our Boundaries

- We do not accept unsolicited advice about personal, financial, parenting, or household decisions.
- Our family matters are private unless we choose to share them.

- Visits and communication must be respectful, timely, and invited.
- Any attempt to monitor, control, or impose outside rules on our family will not be tolerated.
- If a boundary is crossed, we will respond consistently — first with a reminder, and if necessary, by limiting contact.

Our Commitment

We commit to protecting each other, supporting each other's voice, and honoring the sacred space of our home.

Signed,

_____ [Family Member]

_____ [Family Member]

Date: _____

3. Example Language for Different Situations

For Relatives:

"We know you love us, but we need to make our own decisions as a family. Please respect our space, and if we need advice, we'll reach out directly."

For Neighbors/Community Members:

"Thank you for your concern. We're handling this within our family. Please respect our privacy."

For Organizations/Institutions (schools, churches, agencies):

"We value your role, but decisions about our household belong to us. Please keep communication within the agreed boundaries and avoid imposing additional rules."