

Example Boundary List Friends, Family, Church and Peers

Making Personal Boundary Journal Lists Can Be Helpful

Union of Saints

Boundary List for Friends & Family

1. No bringing up past relationships.
 2. No bringing up old mistakes or embarrassing stories to shame me.
 3. No using my personal struggles as gossip.
 4. No nit-picking or criticizing my choices constantly.
 5. No controlling my time or demanding I “drop everything.”
 6. No financial manipulation (borrowing without returning, guilt-giving).
 7. No comparing me to siblings, cousins, or others.
 8. No ignoring when I ask for space.
 9. No dismissing or mocking my beliefs, lifestyle, or diet.
 - 10.No guilt-tripping me for saying “no.”
 - 11.No calling or texting at all hours with urgent expectations.
 - 12.No dragging me into family drama or taking sides.
 - 13.No passive-aggressive remarks.
 - 14.No disrespecting my boundaries in my own home.
 - 15.No shaming me for choosing different traditions or holidays.
 - 16.No using health issues against me.
 - 17.No mocking hobbies or passions.
 - 18.No treating me differently in front of others.
 - 19.No forcing discussions I’m not ready for.
 - 20.No holding grudges after apologies have been made.
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Boundary List for Church Members (Peers)

- 21.No spreading rumors or private confessions.
 - 22.No gossip disguised as “prayer requests.”
 - 23.No judging spirituality or faith practice.
 - 24.No pressuring attendance beyond my capacity.
 - 25.No controlling how I dress, speak, or worship.
 - 26.No competing spiritually (“I pray more” / “I serve more”).
 - 27.No dismissing personal struggles as “lack of faith.”
 - 28.No pressuring donations or financial giving.
 - 29.No excluding people from events or circles unfairly.
 - 30.No misusing scripture to control or belittle.
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Boundary List for Pastors & Spiritual Leaders

- 31.No breaching confidentiality of counseling or confession.
- 32.No spiritual manipulation (using God’s name to enforce personal opinion).
- 33.No favoritism among members.
- 34.No controlling personal life decisions (career, marriage, friendships).
- 35.No shaming people publicly from the pulpit.
- 36.No discouraging medical, therapeutic, or mental health support.
- 37.No questioning salvation or faith because of disagreement.
- 38.No financial coercion or pressure beyond what is voluntary.
- 39.No overstepping into private family matters without invitation.
- 40.No dismissing valid criticism or concerns about leadership.