



**BANYAN**  
**THERAPY GROUP**  
REFUGE - RECOVERY - RESTORATION

**A Partner's Guide to Setting Boundaries Part 2**

**What Are My Boundaries?**

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One thing partners of sex addicts can do to regain hope and relationally safety is set healthy boundaries. This exercise was designed to help you do just that.

Now that you have determined your values and what kind of a relationship you need to be in where those values are fulfilled, take some time to think about things in your relationship that go against your values and needs. List them below.

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Using your above list of things in your relationship that go against your values and needs, begin to think about boundaries you can set to help you feel emotionally, physically, sexually, and spiritually safe in your relationship.

What healthy **emotional boundaries** could you set in your relationship?

Examples: We only talk about slips and relapses before 7pm.

I decide when and what to tell my family/friends about your sex addiction

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What healthy **physical boundaries** could you set in your relationship?

Examples: Don't touch me without asking first

Never take me to a place where you acted out

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What healthy **sexual boundaries** could you set in your relationship?

Examples: No "inner circle" behaviors

I want to be the only one to initiate sexual contact

1. \_\_\_\_\_
2. \_\_\_\_\_

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3. \_\_\_\_\_

4. \_\_\_\_\_

What healthy **spiritual boundaries** could you set in your relationship?

Examples: When I am reading/praying do not interrupt me.

Do not ask me to lie for you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Are there any **other boundaries** that you need to establish in your relationship?

Examples: I need you to tell me if you have any 1:1 contact with a woman.

When you travel for work, I need you to create a portable safety plan for us.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

After determining boundaries you could set to feel relationally safe, go to the next exercise to determine what you can do if your boundaries are violated.