

Marriage Boundaries Worksheet

Names:

Date:

Instructions: This worksheet is designed to help you and your spouse establish healthy boundaries in your marriage. Take some time to reflect on your personal feelings and experiences, and discuss your thoughts with your partner. Fill out this worksheet, and remember to be open, honest, and respectful throughout the process.

Category	Your Boundaries (Spouse 1)	Your Boundaries (Spouse 2)	Agreed-Upon Boundaries	Notes/Action Items
Communication				
Emotional Needs				
Family Relationships				
Friends & Social Life				
Financial Management				
Privacy & Personal Space				

Category	Your Boundaries (Spouse 1)	Your Boundaries (Spouse 2)	Agreed-Upon Boundaries	Notes/Action Items
Intimacy & Sexuality				
Conflict Resolution				
Parenting (if applicable)				
Work & Career				

Communication

Discuss your preferred communication styles and boundaries, such as when and how to bring up sensitive topics and handle disagreements.

Emotional Needs

Share your emotional needs and what types of support you expect from one another.

Family Relationships

Set boundaries regarding your involvement with each other's families, including frequency of visits, holidays, and decision-making.

Friends & Social Life

Discuss the role of friends in your lives, expectations for socializing together and separately, and any concerns about specific relationships.

Financial Management

Establish financial management guidelines, including budgeting, saving, and making major financial decisions.

Privacy & Personal Space

Determine your individual needs for privacy and personal space, such as time alone, personal hobbies, and sharing of personal information.

Intimacy & Sexuality

Discuss your expectations for intimacy and sexuality, including frequency, preferences, and any boundaries you want to set.

Conflict Resolution

Establish guidelines for resolving conflicts healthily and respectfully, such as taking breaks, using "I" statements, and seeking professional help.

Parenting (if applicable)

If you have or plan to have children, discuss your parenting styles, values, and expectations for involvement and decision-making.

Work & Career

Talk about your career goals, work-life balance, and how you will support each other's professional growth.

Once you have completed the worksheet, revisit it periodically to ensure that your boundaries remain healthy and up-to-date as your relationship evolves.

Additional Notes