

Relationship Boundaries Checklist

Patient's Name:

Partner's Name:

Date:

Instructions:

This is a practical tool to establish specific and healthy boundaries in their relationship. This checklist aims to facilitate open communication, mutual respect, and emotional well-being.

Personal Space and Time

- Agree on specific times for personal alone time.
- Respect each other's need for space, specifying when and how it will be communicated.
- Establish communication preferences during personal time, such as texting or having a signal for privacy.

Communication

- Define preferred modes of communication (e.g., texting, calling, in-person).
- Set expectations for response times (e.g., within an hour for non-emergencies).
- Establish guidelines for discussing sensitive topics, outlining specific times or settings for such conversations.

Emotional Boundaries

- Share feelings openly and honestly, providing specific examples.
- Establish comfort levels with vulnerability, specifying topics that may require additional sensitivity.
- Define boundaries related to supporting each other emotionally, such as specific actions or behaviors that are helpful or unhelpful.

Social Interactions

- Discuss expectations regarding socializing with friends and family, specifying frequency and duration.
- Determine boundaries for social media interactions, outlining privacy preferences and acceptable online behaviors.
- Set guidelines for attending events as a couple, including how decisions will be made and communicated.

Intimacy

- Communicate needs and desires in the realm of physical intimacy, specifying preferences and limits.
- Establish boundaries related to consent and comfort levels, discussing explicit agreement on what is acceptable.
- Discuss frequency and types of intimate activities, outlining preferences and expectations.

Financial Agreements

- Establish specific financial boundaries and responsibilities, including budgeting and bill payment responsibilities.
- Discuss joint and individual financial goals, specifying timelines and milestones.
- Agree on spending limits and financial decision-making, outlining circumstances that require joint decision-making.

Future Planning

- Discuss and align long-term goals and aspirations, specifying concrete steps to achieve them.
- Set boundaries for career, education, and personal growth, including how each person's goals will be supported.
- Clarify expectations regarding family planning, specifying timelines and any conditions that may affect these plans.

Conflict Resolution

- Establish healthy conflict resolution strategies, specifying steps to take during disagreements.
- Discuss acceptable and unacceptable behaviors during disagreements, outlining specific examples.
- Set boundaries for taking breaks during conflicts, specifying when and how breaks will be communicated and respected

Additional Notes: