

# Relationship Boundaries List

Name 1:

Name 2:

## Personal Space and Time

### 1. Allow for individual time and personal space:

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

### 2. Knock before entering each other's private space:

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

## Communication

### 1. Be honest, yet respectful:

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Discuss, rather than argue. Agree on a 'safe word' for taking breaks during difficult conversations:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**Emotional Boundaries**

**1. No belittling or name-calling:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Support each other emotionally, but don't demand the other to fix your problems:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

### **Financial Boundaries**

**1. Discuss major expenditures ahead of time:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Keep separate accounts or agree on a budget if accounts are combined:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

### **Social Interactions**

**1. Agree on how much time to spend with each other's friends and families:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Consult each other before making plans that involve both parties:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**Physical Boundaries**

**1. Discuss preferences and limitations concerning physical touch:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Respect each other's comfort zone in public and private settings:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

### **Digital Boundaries**

**1. Discuss what is acceptable to share on social media:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Agree on the frequency and modes of digital communication (text, call, etc.):**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

### **Conflict Resolution**

**1. Agree on how to handle disagreements (e.g., time-outs, mediation):**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Apologize and make amends after crossing boundaries:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**Career and Personal Goals**

**1. Support each other's career and personal ambitions:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Discuss big life decisions that affect both parties:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**Miscellaneous**

**1. Additional boundaries important to your specific relationship:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

**2. Additional notes or comments:**

Name 1: \_\_\_\_\_

Name 2: \_\_\_\_\_

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Feel free to save, print, or share this template. Both parties should discuss, fill out their answers, and agree on the boundaries listed. This can be a living document, subject to revisions as the relationship evolves.