

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: _____

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.