



The boundaries blueprint

Instructions: Fill out each section for yourself, then discuss it openly and honestly with your partner. Be prepared to adjust boundaries as needed for a healthy and fulfilling relationship.

Healthy boundaries in our relationship

Physical boundaries:
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Emotional boundaries:
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Material boundaries:
.....
Mental boundaries:
.....
Time boundaries:
.....
Sexual boundaries:
.....
Communication boundaries:
.....

How can we continue to improve them:

Boundary:
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Action item:
.....
Boundary:
.....
Action item:
.....

Unhealthy/outdated boundaries in our relationship

Physical boundaries:
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Emotional boundaries:
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Material boundaries:
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Mental boundaries:
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Time boundaries:
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Sexual boundaries:
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Communication boundaries:
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What we should do to fix or shape them:

Boundary:
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Action item:
.....
Boundary:
.....
Action item:
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