

Healthy Relationship Boundaries

Answer the following questions openly and honestly. Share them with your loved one(s) or keep them close as a reminder of what makes a relationship feel safe and healthy to you.

1 What challenges have you faced trying to set healthy boundaries? How did you overcome them?

2 Think about two people in your life who make you feel safe and secure. What boundaries do you have with them? What boundaries do they hold with you?

3 What are your most important values? How can your boundaries reflect these values?

4 Boundaries can fall on a sliding scale from flexible to rigid. Where do your boundaries fall now? Where do you want them to fall ideally?