

MY PERSONAL BOUNDARIES WORKSHEET

II Relationships

guidelines for brainstorming personal boundaries within interpersonal relationships

please use the back if you need more space!

LIST 5 THINGS THAT YOU WOULD NOT BE OK WITH IN A RELATIONSHIP.

- 1.
- 2.
- 3.
- 4.
- 5.

i get jealous when...

WHY?

THAT WOULD GET ME OUT OF MY COMFORT ZONE ARE

I would be pissed / bummed if my partner(s) didn't tell me....

- 1.
- 2.
- 3.
- 4.
- 5.

how would you start the conversation if a partner(s) breached a personal boundary?

[Large empty space for writing an answer to the question above]

- i am comfortable sharing _____ with partner(s).
- clothes
 - an apartment or room
 - FOOD
 - a bed
 - private information
 - my true feelings
 - friends
 - quality time
 - STI/D STATUS
 - pets
 - my body
 - family
 - other partners
 - their body
 - sexual orientation
 - political beliefs
 - a bank account
 - chores or responsibilities
 - A CHILD
 - drugs
 - passwords
 - mental health status

DOES IT DEPEND ON THE PERSON, CONTEXT or MOOD? explain below:

I AM OPEN TO NON-MONOGAMY FOR MYSELF Y/N OR OTHERS Y/N