

Does Your Relationship Need A Boundary Contract?

Use this worksheet to have productive conversations about boundaries. Explore both sides of the situation, identify compromises, and agree on how to handle potential boundary violations.

Before you create this boundary contract together, agree that the following are true for both of you:

- I am not responsible for other people's feelings, even though I care about how others feel.
- My emotions count, and so do my needs.
- I can validate another person's feelings without sacrificing what I need.
- My opinion matters as much as other people's opinions.

I, _____, feel that my wellbeing will benefit from _____

I'm trying to achieve that by doing _____

This makes you, _____, feel _____. You would prefer _____

for your wellbeing.

I think this is how we could meet in the middle and compromise:

If either one of us fails to honor our part of this compromise, how should we proceed? What is our next step if our problem continues?