

UNDERSTANDING / WORKSHEET

Relationship Boundaries Worksheet

Clarify personal limits around time, privacy, family and communication, then discuss what respectful agreements could look like.

5 pages | Two 20-minute conversations

A good way to use this

1. Start separately with a topic that feels manageable.
2. Share one boundary at a time and ask what your partner heard.
3. Write only the agreements you both freely accept; mark unresolved questions honestly.

Inside your resource

02 Notice where a limit is needed

04 Talk through everyday situations

03 Say the limit clearly

05 Write the agreement and the open question

Use together only when both people freely want to participate. You can pass or stop. These are original educational exercises, not a clinical assessment or a substitute for individualized care.

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01 / Relationship Boundaries Worksheet

Notice where a limit is needed

Think about a situation where you often feel stretched, interrupted or uncomfortable. Your feelings are information to explore; they do not automatically tell you what another person must do.

EXAMPLE "I need half an hour to decompress after work" describes a need. "You cannot talk to anyone after work" tries to control another person.

01 A situation where I need a clearer limit is...

Partner A

Partner B

02 What I want to protect, such as rest, privacy, connection or choice:

Partner A

Partner B

03 What I can decide for myself, and what would require mutual agreement:

Partner A

Partner B

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02 / Relationship Boundaries Worksheet

Say the limit clearly

State what you are comfortable with and what you will do if the situation continues. Keep the action proportionate and within your control. A boundary is not a threat designed to make someone obey.

EXAMPLE "I will not continue a conversation with name-calling. I will pause and discuss a time to return when we can speak respectfully."

01 My boundary, in one plain sentence:

Partner A

Partner B

02 An action I can take to look after that boundary is...

Partner A

Partner B

03 A respectful alternative I am willing to discuss is...

Partner A

Partner B

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03 / Relationship Boundaries Worksheet

Talk through everyday situations

Choose two topics from this list. Each person explains their preference before you try to make a shared agreement.

Topic	Partner A preference	Partner B preference
Time alone and time together		
Phones, messages and privacy		
Visits or requests from family		
Sharing personal stories with others		
Money and joint decisions		
Touch and affection		

No partner owes passwords, location access or physical affection to prove love. Consent and privacy remain relevant within a committed relationship.

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04 / Relationship Boundaries Worksheet

Write the agreement and the open question

It is okay to need time. An agreement should say what each person chooses, not only what one person has to stop doing.

EXAMPLE "We will check with each other before inviting overnight guests. We still differ about visit length, so we will discuss that before the next invitation."

01 An agreement we both accept, with each person's part:

Our notes / the named person's response

02 A difference we have not resolved yet, and how we will approach it:

Our notes / the named person's response

03 When we will review whether the agreement still works:

Our notes / the named person's response

Keep a little time for each other.

Understanding each other takes more than one conversation. Keep making space for daily questions together in the Connected Couples App.