

Healthy Boundaries Check-list

How do these questions apply to your relationships? Adapt them to the relationship style you have and see how many you answer “yes” to. After you’ve asked yourself these questions, it could be helpful to answer them again from your partner’s/other person’s perspective.

- Do you enjoy being with your partner?
- Are you comfortable with your partner?
- Can you share with your partner your thoughts, worries, feelings, ideas?
- Does your partner listen to you and do you feel heard?
- Does your partner give you space to spend time with your friends and family?
- Can you tell your partner when you feel upset with something they may have said or done?
- Can you tell your partner what you like? Emotionally? Physically? Sexually?
- Can you talk to your partner about safe choices? Physically? Emotionally? Sexually (eg. Birth control, STD)
- Is your partner proud of your accomplishments and successes?
- Does your partner respect your differences?