



Stronger Together:

A Couple's Guide to Setting Boundaries and Building Trust

Introduction

Boundaries are the **foundation of a healthy relationship**. They define what makes us feel safe, respected, and understood. Without them, misunderstandings can build, leading to resentment or emotional distance.

This workbook will help you and your partner **identify, set, and maintain healthy relationship boundaries** through guided exercises, discussions, and action steps.

How to use this workbook

Step 1: Work through the reflection exercises individually.

Step 2: Discuss your responses with your partner in an open, non-judgmental way.

Step 3: Collaborate to set clear, agreed-upon boundaries.

Step 4: Revisit your boundaries regularly to keep them strong.

Section 1: Understanding boundaries

What are relationship boundaries?

- ✓ Healthy boundaries define what is acceptable and what isn't in a relationship.
- ✓ They protect emotional safety, trust, and well-being.
- ✓ Boundaries are not about controlling a partner but about creating security for both people.

Common Types of Boundaries

- Emotional boundaries – Protecting feelings and emotional well-being.
- Time boundaries – Balancing personal time and couple time.
- Digital boundaries – Social media, privacy, and technology use.
- Physical boundaries – Personal space, affection preferences.
- Financial boundaries – Money management as a couple.



Section 2: Identifying personal boundaries

Self-Reflection Exercise

- What personal boundaries help me feel safe and respected in relationships?
- Where have I felt my boundaries were crossed in the past?
- Which boundaries matter most to me in this relationship?

 **Action step:** Write down 3-5 non-negotiable boundaries that are important for your well-being.

Section 3: Setting boundaries as a couple

Discussion prompts

 **Take turns answering:**

- What boundaries have we already set that work well?
- Where do we need clearer boundaries?
- How can we ensure our boundaries feel supportive, not restrictive?

 **Write your relationship boundaries**

Together, set 3-5 boundaries that respect both partners' needs.

 **Example:** "We agree to have one night per week for individual activities or alone time."

Section 4: Setting boundaries as a couple

Try a healthy boundary-setting script

Instead of saying: *"You're always on your phone and ignoring me!"*

Try: *"I feel disconnected when we're both on our phones at dinner. Can we set a boundary around screen-free meals?"*

 **Action step:** Practice using "I" statements to express boundaries. Fill in the blanks:

- "I feel ____ when ____ happens. I need ____."



Section 5: When boundaries are crossed

What to do when a boundary is unintentionally broken?

1. Pause and reflect – Was it a misunderstanding?
2. Communicate calmly – Express your feelings without blame.
3. Problem-solve together – How can you prevent this in the future?

Make a Plan:

- “If a boundary is crossed, we will...” (Write your response)

Section 6: Maintaining boundaries and growth


The boundary check-in plan

- How often will we review our boundaries? (Weekly? Monthly?)
- What signs will tell us a boundary needs adjusting?
- How will we support each other in honoring our boundaries?

 **Action Step:** Set a reminder for your first boundary review conversation.

Closing details

Boundaries aren't a one-time conversation—they are a **continuous process of growth and communication**. By setting and maintaining healthy boundaries, you and your partner are building a relationship based on trust, respect, and deep emotional connection.

 If you'd like additional guidance in setting and maintaining relationship boundaries, Connect Couples Therapy offers in-person sessions in Charlotte, NC, and Carefree, AZ, and virtual therapy for residents of Arizona, Florida, North Carolina, South Carolina, Tennessee, and Texas.

 Reach out today to keep strengthening your relationship!



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