

SETTING CLEAR BOUNDARIES

It is best to first be clear with yourself about your boundaries before you communicate them to your partner. Getting clear on what is okay and what is not okay is a great start. Consider conflicts that might arise in your relationship around making plans, emotional conversations, finances, political beliefs, religious beliefs, criticism/respect, children, alone time, social media, privacy, doing things for each other, or interacting with others who might be interested in you.

Situation	What is Okay	What is not Okay	Consequence
When we talk about finances.	It's okay to talk about what you would like to spend money on.	It's not okay to criticize my financial practices and call me "controlling."	I will state "I will not be able to continue this conversation if you criticize me."
When I mention a political belief you do not agree with.	It's okay to state your opinion without getting angry.	It's not okay to tell me my opinions are wrong and put me down.	I will leave the room or get off the phone.