

Marriage Boundaries Worksheet

Instructions: This worksheet is designed to assist couples in establishing and maintaining healthy boundaries within their marriage. It encourages thoughtful reflection on individual needs and collaborative discussions. As you complete this worksheet, prioritize open, honest, and respectful communication.

Spouse 1: _____ Spouse 2: _____

COMMUNICATION

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries

Notes/action items:

EMOTIONAL NEEDS

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

FAMILY RELATIONSHIPS

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

FRIENDS AND SOCIAL LIFE

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

FINANCIAL MANAGEMENT

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

PRIVACY AND PERSONAL SPACE

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

INTIMACY AND SEXUALITY

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

CONFLICT RESOLUTION

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

PARENTING (IF APPLICABLE)

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

WORK AND CAREER

Your boundaries (Spouse 1):

Your boundaries (Spouse 2):

Agreed-upon boundaries:

Notes/action items:

CONFLICT SCENARIOS

Consider potential conflict scenarios related to each boundary type. What are they, and how will you resolve it?

ADDITIONAL NOTES

Specify below:

Tips to establish healthy boundaries in your marriage: Communication: Discuss your preferred communication styles and boundaries, such as when and how to bring up sensitive topics and handle disagreements. Emotional needs: Share your emotional needs and what types of support you expect from one another. Family relationships: Set boundaries regarding your involvement with each other's families, including frequency of visits, holidays, and decision-making. Friends and social life: Discuss the role of friends in your lives, expectations for socializing together and separately, and any concerns about specific relationships. Financial management: Establish financial management guidelines, including budgeting, saving, and making major financial decisions. Privacy and personal space: Determine your individual needs for privacy and personal space, such as time alone, personal hobbies, and sharing of personal information. Intimacy and sexuality: Discuss your expectations for intimacy and sexuality, including frequency, preferences, and any boundaries you want to set. Conflict resolution: Establish guidelines for resolving conflicts healthily and respectfully, such as taking breaks, using I statements, and seeking professional help. Parenting (if applicable): If you have or plan to have children, discuss your parenting styles, values, and expectations for involvement and decision-making. Work and career: Talk about your career goals, work-life balance, and how you will support each other's professional growth. Once you have completed the worksheet, revisit it periodically to ensure that your boundaries remain healthy and up to date as your relationship evolves.