

Betrayed Partner Boundaries & Self-Care Plan

Purpose of these boundaries:

→ E.g., To feel emotionally and physically safe, to reclaim my agency, and to begin rebuilding trust in myself and my relationship.

1. Boundary:

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If this boundary is violated, I will:

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2. Boundary:

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If this boundary is violated, I will:

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3. Boundary:

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If this boundary is violated, I will:

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4. Boundary:

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If this boundary is violated, I will:

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5. Boundary:

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If this boundary is violated, I will:

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6. Boundary:

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If this boundary is violated, I will:

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7. Boundary:

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If this boundary is violated, I will:

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8. Boundary:

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If this boundary is violated, I will:

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9. Boundary:

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If this boundary is violated, I will:

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10. Boundary:

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If this boundary is violated, I will:

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