

Example Boundaries & Self-Care Plan – Betrayed Partner

Purpose: These boundaries serve to re-establish my safety, dignity, and personal agency following betrayal and coercive sexual behavior. They are not punitive—they are protective.

1. Boundary: No physical touch unless I initiate it.

If this boundary is violated, I will:

- Leave the shared space immediately.
- Reiterate this boundary verbally and in writing.
- Take a break from in-person interactions for 24–72 hours.

2. Boundary: No sexual contact while I'm healing and until I feel emotionally and physically safe.

If this boundary is violated, I will:

- Pause all conversations or relational repair efforts.
- Seek immediate support from my therapist or support group.
- Consider a formal therapeutic separation if this continues.

3. Boundary: My personal space must be respected.

If this boundary is violated, I will:

- Secure my space physically (e.g., lock the door).
- Limit contact to structured, mediated times only.
- Evaluate whether separate living arrangements are needed.

4. Boundary: If I ask for emotional, physical, or conversational space, it must be honored without pushback.

If this boundary is violated, I will:

- End the interaction immediately and exit the situation.
- Keep a record of guilt-tripping or pressuring patterns.
- Reassess relational viability and consider detachment practices.