How to Honor Boundaries and Demonstrate Relational Integrity

This guide supports offending partners in respecting boundaries and fostering safety, drawn from CSAT, CPTT, and Minwalla's integrity-abuse framework.

Instructions: Fill in each boundary your partner has shared with you. Then describe how you will honor that boundary through your actions, attitude, and recovery work. This is not a one-time task, but an ongoing commitment to demonstrate safety, respect, and integrity.

1. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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2. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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3. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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4. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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5. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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6. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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7. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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8. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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9. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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10. Boundary:

→ (Write the boundary your partner has shared with you)

How I will honor this boundary:

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