

# How to Honor Boundaries and Demonstrate Relational Integrity

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

## Physical Touch (Only if She Initiates)

### How I will honor this boundary:

- - Never assume physical touch is welcome, even in small ways.
- - Ask, "Would you like a hug?" only if the relationship is emotionally calm and she seems open.
- - Respect a "no" without reacting emotionally or defensively.

## No Sexual Contact Until Safety is Established

### How I will honor this boundary:

- - Do not bring up sex, make innuendos, or imply sexual expectations.
- - Focus on rebuilding emotional connection—not physical access.
- - Continue working your own program (therapy, groups, recovery).

## Respect for Personal Space (Sleeping Separately, Alone Time)

### How I will honor this boundary:

- - Never enter her room or private space uninvited.
- - Don't hover or seek reassurance.
- - Give space without sulking or passive-aggressive behavior.

## Honor Requests for Space Without Guilt-Tripping

### How I will honor this boundary:

- - Respond to "I need space" with, "Okay. Take the time you need."
- - Do not send follow-up texts unless previously agreed upon.
- - Reflect with your sponsor or therapist instead of trying to change her mind.

## No Comments on Her Body or Sexuality Without Invitation

### How I will honor this boundary:

- - Do not comment unless explicitly invited to.

- - Compliments may still feel objectifying—avoid them unless invited.
- - Let her redefine what affirmation looks like.

### **No Discussion of Reconciliation Unless She Brings It Up**

#### **How I will honor this boundary:**

- - Don't ask questions like "Do you still love me?"
- - Avoid pushing for forgiveness, clarity, or timelines.
- - Focus on actions that rebuild—not outcomes you want.

### **Respectful Communication Only**

#### **How I will honor this boundary:**

- - Stay grounded in all conversations. If upset, pause and reflect.
- - Own your part. Don't defend, deflect, or attack.
- - Learn emotional regulation through therapy or men's recovery groups.

### **Consistent Engagement in Your Own Recovery Work**

#### **How I will honor this boundary:**

- - Track and report your work weekly (therapy, groups, readings).
- - Don't make her ask for updates—volunteer them responsibly.
- - Treat recovery as your job, not a favor to her.

### **Truthful Answers to Her Questions**

#### **How I will honor this boundary:**

- - Answer her questions fully and directly.
- - Don't say "I don't remember" unless you've truly done memory work.
- - Commit to a full disclosure process if needed.

### **No Emotional or Spiritual Manipulation**

#### **How I will honor this boundary:**

- - Do not use God, the Bible, or feelings to justify entitlement or forgiveness.
- - Never suggest she's "bitter" or "unforgiving."
- - Let spiritual repair come through humility, not pressure.