

Boundaries List

Purpose:

To regain a sense of stability, emotional safety, and mutual respect after betrayal in our relationship.

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

If this boundary is violated, I will:

- - Verbally remind of this boundary and step away physically.
- - Take space—no hugs, hand-holding, or closeness—for the rest of the day.
- - Note and process the violation in session or with my therapist.

2. Boundary: Show empathy when I express emotional pain or disappointment.

If this boundary is violated, I will:

- - Pause conversation and say I need space to de-escalate.
- - Journal my feelings later or share with a support person.
- - Resume emotional conversation only when I feel heard.

3. Boundary: Speak to me respectfully—no sarcasm, yelling, or dismissiveness.

If this boundary is violated, I will:

- - End the interaction immediately and withdraw.
- - Reflect on how it impacted me and possibly request it be addressed in therapy.
- - Reduce emotional sharing until respectful communication returns.

4. Boundary: Be honest and transparent about time commitments or missed appointments.

If this boundary is violated, I will:

- - Protect my schedule (e.g. make plans independently).
- - Express disappointment in therapy rather than confrontation at home.
- - Reassess emotional openness or co-planning moving forward.

5. Boundary: Give me space when requested without guilt or attention-seeking follow-up.

If this boundary is violated, I will:

- - Go into another room or resume solo activity.
- - Delay relational conversations until after a cool-down period.
- - Bring the boundary violation to session for clarity and reinforcement.

6. Boundary: Show follow-through on agreements—e.g. attending appointments, therapist visits, scheduled check-ins.

If this boundary is violated, I will:

- - Stop expecting us to co-plan until consistency is shown.
- - Take self-care steps independently that support my emotional needs.
- - Share feedback in session about reliability and trust.

7. Boundary: Accept my 'yes' or 'no' to affection or closeness without guilt, sulking, or pressure.

If this boundary is violated, I will:

- - Clearly state how the pressure or guilt felt and ask for correction.
- - Pause physical affection until I feel emotionally safe again.
- - Use the Integrity Guide together in session to refine mutual expectations.

8. Boundary: Respect updates to boundaries—understanding that they may evolve.

If this boundary is violated, I will:

- - Reestablish the boundary firmly without justification.
- - Withdraw emotionally if secondary control is attempted.
- - Share boundary updates with therapist or trusted support.