

Integrity Guide

Use this guide to illustrate how the partner will actively honor each boundary.

1. Boundary: Touch Only If She Initiates

How I will honor this boundary:

- - Ask, 'Would you like me to sit near you?' rather than assume closeness.
- - Check in: 'Is this still okay with you?' before initiating touch.
- - Accept 'no' without emotional reaction.

2. Boundary: Empathy for Emotional Pain

How I will honor this boundary:

- - Validate her feeling: 'I understand how painful this is.'
- - Reflect and paraphrase her concern to ensure understanding.
- - Refrain from offering solutions unless asked.

3. Boundary: Respectful Communication Only

How I will honor this boundary:

- - Pause before responding when upset to maintain calm tone.
- - Practice active listening: 'What I hear is that you felt...'
- - Use therapy tools (like time-outs) to regulate tone under stress.

4. Boundary: Transparent Scheduling

How I will honor this boundary:

- - Share weekly calendar and notify her proactively of changes.
- - Apologize and reschedule promptly if plans shift.
- - Refrain from minimizing the emotional impact of cancellations.

5. Boundary: Honor Requests for Solo Time

How I will honor this boundary:

- - Respond: 'Okay—I'll give you space when you ask.'

- - Avoid texting or following up until she reinitiates.
- - Use the time for self-care rather than seeking reassurance.

6. Boundary: Commitment to Follow-Through

How I will honor this boundary:

- - Track appointments, shared tasks, and update her weekly.
- - Ask for accountability check-ins with therapist or peer.
- - Reflect on broken commitments and commit to better planning.

7. Boundary: No Pressure Around Physical Affection

How I will honor this boundary:

- - Express gratitude when she initiates affection.
- - Respect emotional cues and emotional tempo.
- - Do not react or retreat emotionally if closeness is denied.

8. Boundary: Acceptance of Boundary Updates

How I will honor this boundary:

- - Respond with, 'Thank you for telling me.'
- - Adjust behavior without defensiveness.
- - Process your response privately—no arguing over fairness.