

A Guide to Respecting My Partner's Boundaries (For Addicts)

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1) My partner's boundaries
Write down your partner's boundaries below (or place a copy of the written boundaries your partner
has given you here):
nas given you herej.



2) Remember that you are not the victim!
Remember as you look through these boundaries that they are for safety, not for punishment. They are a gift your partner has given you to help your relationship move forward. They are a result of your actions, and honoring these boundaries is one major thing you can do to help repair your relationship after sexual betrayal. You're not the victim!
3) Are there any boundaries you need to ask questions about to better understand? Write down any questions you have for further discussion with your partner:



4) Do you need to make requests to adjust any of your partner's boundaries or negotiate any of them? Write down the boundaries you are wanting to discuss further and your proposed changes.
Make sure to talk through any proposed changes or modifications with your therapist, sponsor, or other supports. Your partner may question your commitment to his/her safety if you are spending more time trying to negotiate boundaries than you are trying to better understand and follow your partner's boundaries.



5) Write down the date that you will be reassessing boundaries.	
Until that date, remember to follow your partner's boundaries as written until you BOTH discuss changing any of them!	
6) Finally, write down a word or phrase of inspiration that will help remind you as to the purpose of these boundaries and why you are going to remain invested in following them (think about your	
partner's safety, doing a living amends, the gift of a safety roadmap that your partner is giving you to continue healing, the impact your actions have had on your partner, etc.):	