



BANYAN
THERAPY GROUP
 REFUGE - RECOVERY - RESTORATION

A Partner’s Guide to Setting Boundaries Part 1

What Do I Value?

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Boundaries are formed around what you need to feel emotionally safe in your relationship. What you need to feel emotionally safe depends on your values. Identifying your values is a simple way to start formulating healthy boundaries.

This guide will help you identify your values to give you a starting point for setting boundaries in your relationship.

Look at the list of values below. Mark or Circle the values you hold from this list:

Honesty	Reliability	Family	Image
Faith	Humor	Transparency	Free time
Peace	Learning	Understanding	Dependability
Interdependence	Independence	Consistency	Health
Open-mindedness	Trust	Quality time	Family
Stewardship	Financial Security	Joy	Achievement
Intimacy	Unity	Fitness	Appearance
Creativity	Respect	Kindness	Adventure
Love	Honor	Courage	Perseverance
Creativity	Autonomy	Justice	Sincerity
Integrity	Insight	Discipline	Other

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Take some time to reflect on what values are most important from you. Feel free to add any values you may have that is not indicated above.

After you determine what you value most write your top 5 values below:

1. _____
2. _____
3. _____
4. _____
5. _____

Use your values to begin to process what you need in your relationship. Once you determine your values, boundaries can be set around these values. Remember that boundaries stem from your values, since boundaries protect and preserve the values you hold most dear to you. So look at your top five values and write five sentences that state what kind of a relationship you need to be in where those values are fulfilled. We will then look at writing specific boundaries in the next exercise.

Two examples have been provided for you:

1. I need to be in a relationship where I am treated with respect.
2. I need to be in a relationship that involves honesty and transparency.
3. _____
4. _____
5. _____
6. _____
7. _____