



### **A Partner's Guide to Setting Boundaries Part 3**

#### **What Are the Consequences for Boundary Violations?**

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Boundaries serve little purpose without consequences that you are willing and able to implement. Setting and following through with consequences is arguably the most difficult part of boundary setting. This exercise is designed to help you determine consequences you can use if or when boundaries are violated.

#### **Before setting consequences some important things to consider:**

- Choose consequences equal to the offense.
- Choose consequences you will be willing and able to follow.
- Consider having multiple options for you to choose from for boundary violations.
- Following through with consequences doesn't make you controlling.

#### **Here are some possible consequences to choose from:**

- Filing for divorce
- Moving out
- Your partner moving out
- Sleeping in separate bedrooms
- Not being sexually intimate for a certain period of time
- Telling more people about your situation
- Limiting one-on-one time with your partner
- More monitoring of activities/devices
- No longer having a smartphone
- A lock added to the bedroom door
- Only talking to your spouse during certain parts of the day
- Being asked to quit a job or activity where violation occurred.
- I will go stay with my sister/at a hotel so I have time to think about what I want/need to do next
- I will say "no" to certain responsibilities
- I will no longer attend social/work events with you until I feel ready
- I will need more alone time

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## THERAPY GROUP

REFUGE - RECOVERY - RESTORATION

Below, list the boundaries you created in the previous exercise and write down subsequent consequences you could implement if your boundaries were violated.

Example Boundary: Do not lie to me about anything (regardless of how big or small)

Example Consequence: If you lie to me, I will sleep in a separate bedroom.

Boundary #1: \_\_\_\_\_

Consequence: \_\_\_\_\_

Boundary #2: \_\_\_\_\_

Consequence: \_\_\_\_\_

Boundary #3: \_\_\_\_\_

Consequence: \_\_\_\_\_

Boundary #4: \_\_\_\_\_

Consequence: \_\_\_\_\_

Boundary #5: \_\_\_\_\_

Consequence: \_\_\_\_\_

Boundary #6: \_\_\_\_\_

Consequence: \_\_\_\_\_

Boundary #7: \_\_\_\_\_

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Consequence: \_\_\_\_\_

Now that you have created some boundaries, discuss them with someone you trust. Think about if and when you would like to implement them with your partner.

As you communicate your boundaries and consequences with your addicted partner, remember that your boundaries and any consequences stem from your values – the kind of relationship you need to be in to feel safe. You can always reserve the right to change your mind on consequences, or to take time to determine an appropriate consequence.

For example, you could say, “If you are unable or unwilling to respect my boundaries, a consequence I may choose to implement is \_\_\_\_\_. I reserve the right to determine the consequences I need for my safety in the moment.”

We wish you the best as you use boundaries to seek healing, trust, and safety!