Setting Boundaries

Healthy	Unhealthy
Feeling responsible for your own happiness	Feeling incomplete without your partner
Friendships exist outside of the relationship	Relying on your partner for happiness and friendship
Open and honest communication	Game-playing and/or manipulation
Respecting differences in your partner	Jealousy
Asking honestly for what is wanted	Feeling unable to express what is wanted
Accepting endings	Unable to let go

Establishing healthy boundaries in a relationship allows both partners to feel comfortable. Your boundaries reflect who you are and who you want to be in your relationship.

- Communicate your thoughts
- Follow through with what you say

- Never assume your partner's feelings
- Take responsibility for your actions