



THE DIVORCE FAIRY

BOUNDARIES

BOUNDARIES ARE OFTEN MISTAKEN FOR THREATS OR AN ULTIMATUM. WHAT WE REALLY MEAN IS HAVING THE SPACE AND FREEDOM TO LIVE OUR VALUES IN COMFORT AND WITHOUT FEELING COMPROMISED.

To get started, think about the different types of boundary below

Emotional – being clear on what emotion is yours and what isn't
Intellectual – respecting differing views
Physical – space and physical touch
Financial – how money is handled in a relationship
Sexual – physical intimacy and consent
Material – acceptable use of material possessions
Time – punctuality and availability of time
Conversational – acceptable topics of conversation
Comment – acceptable comment types/topics
Social – acceptable sharing on social media

Do any resonate with you?

Reflect on past situations where you felt uncomfortable or compromised. What boundaries could have prevented or eased those situations?

From the boundaries you have identified, which are the most important?

