

Marriage Boundaries Worksheet

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Instructions: This worksheet is designed to help you and your spouse establish healthy boundaries in your marriage. Take some time to reflect on your personal feelings and experiences, and discuss your thoughts with your partner. Fill out this worksheet, and remember to be open, honest, and respectful throughout the process.

Category	Your Boundaries (Spouse 1)	Your Boundaries (Spouse 2)	Agreed-Upon Boundaries	Notes/Action Items
Communication	Open communication, no yelling	Calm discussions, no name-calling	Honest, respectful communication	Schedule weekly check-ins
Emotional Needs	Emotional support during stress	Quality time, words of affirmation	Balance support & quality time	Plan date nights
Family Relationships	Monthly visits to parents	Holidays with both families	Rotate holidays, monthly visits	Create shared calendar
Friends & Social Life	Separate friends' nights	Occasional joint social events	Balance separate & shared events	Discuss concerns openly
Financial Management	Joint budget, monthly meetings	Joint budget, save for vacations	Joint budget, monthly check-ins	Set up a joint bank account
Privacy & Personal Space	Alone time for hobbies	Private journaling	Respect personal space & privacy	Schedule personal time

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