

Marriage Boundaries Worksheet

Names:

Spouse 1: Alex Green

Spouse 2: Taylor Green

Date: December 3, 2024

Instructions: This worksheet is designed to assist couples in establishing and maintaining healthy boundaries within their marriage. It encourages thoughtful reflection on individual needs and collaborative discussions. As you complete this worksheet, prioritize open, honest, and respectful communication.

Category	Your boundaries (Spouse 1)	Your boundaries (Spouse 2)	Agreed-upon boundaries	Notes/action items
Communication	Prefer discussing serious topics after 8 PM when work stress is minimal.	No heavy discussions during meals or in front of others.	Dedicate Sunday evenings to discuss important matters calmly.	Schedule weekly check-ins.
Emotional needs	Need verbal affirmation of appreciation at least once a week.	Prefer physical gestures of affection like hugs during stressful times.	Make it a priority to check in emotionally every Friday night.	Use a shared journal to express gratitude if verbal timing feels difficult.
Family relationships	Limit family visits to twice a month to avoid burnout.	Avoid discussing personal issues with extended family without mutual consent.	Alternate hosting family events during holidays.	Set clear expectations for family boundaries before visits.
Friends and social life	Attend mutual gatherings but limit interaction with certain toxic individuals.	Open to separate outings with friends but avoid overnight trips without prior discussion.	Balance shared and individual social plans monthly.	Set a quarterly review to address any discomforts.
Financial management	Limit personal spending to \$300 monthly without mutual agreement.	Always consult before making purchases over \$500.	Maintain a shared spreadsheet to track expenses	Review financial goals quarterly.

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