

Boundary Setting

In my relationship with: _____

Make a list of all the things you are willing to do, and the things you are not willing to do in the relationship. In the next column, list the reasons why you are setting each boundary. This will help you remind yourself as to the purpose of the boundaries that you are setting, in addition to helping you explain these boundaries to your loved one.

Things I am willing to do...	Why am I willing to do this?

Things I am <i>not</i> willing to do...	Why aren't I willing to do this?

Mood Disorders Association of Ontario