

My Boundaries Plan for

Best Practices: Be up front about your limitations and penalties for violating them. A person will not know your boundaries without you expressing them.

Spiritual Boundaries

Examples: persecution, manipulation, insisting on their interpretation of scriptural principle, demanding you do something their way

What would make you spiritually uncomfortable if this person did it?

How will you realize you are being spiritually abused?

How will you approach this person for accountability or correction?

How you will enforce accountability?

How will you enforce penalties for violating your spiritual boundaries?

Relational Boundaries

Examples: monopolizing family time, appearing in inappropriate places or undesired times, projecting feelings on you, seeking a more personal relationship/flirting, verbal abuse

How much time are you willing to spend with this person?

How will you deal with relationships outside you and this person that may present themselves?

How will you deal with inappropriate advances toward you?

How will you approach this person for accountability or correction?

How will you hold this person accountable in your relationship?

What are your penalties for violating your relational boundaries and how you enforce them?

Financial Boundaries

Examples: exceeding amount of money set aside, keeps asking for more money, asking about your finances, expecting you to give them money

What is the maximum amount of money you will spend on this person?

What actions are unacceptable financially to you?

What questions about your finances are unacceptable to ask you?

How will you approach this person for accountability or correction?

How will you enforce accountability?

What penalties will you apply for violating these boundaries?

Physical Boundaries

Examples: invasion of personal space, threatening violence and injury, lashing out, inappropriate touch in inappropriate places on the body, sexual abuse

What kinds of touch are unacceptable to you?

What physical contact makes you uncomfortable?

How will you approach this person for accountability or correction?

How will you enforce accountability?

How will you analyze the person for violating physical boundaries?

Moral/Ethical Boundaries

Examples: asking to violate civic laws, asking for favors with people you know, asking you to cover for them at work, pushing their social/moral views and principles on you

What moral/ethical questions or actions would you personally find inappropriate?

What behaviors and actions will you not stand in this relationship?

How will you approach this person for accountability or correction?

How will you enforce accountability?

What penalties would you find acceptable for violations?
