

Worksheet: My Boundaries

Indicate whether you agree or disagree with the following statements by circling the appropriate response below.

1. If I'm in a relationship with someone, I want to hold hands and walk with our arms around each other to show people we're together.

Describes Me Completely Describes Me Somewhat Doesn't Describe Me At All

2. When I'm watching tv with my partner, I want my own space – I don't want us to snuggle or lean on each other.

Describes Me Completely Describes Me Somewhat Doesn't Describe Me At All

3. When I see someone I know, I'll greet them physically in some way – a hug, handshake, punch on the arm, etc.

Describes Me Completely Describes Me Somewhat Doesn't Describe Me At All

4. I don't like it when someone hugs me from behind.

Describes Me Completely Describes Me Somewhat Doesn't Describe Me At All

5. I think having some form of sex is what makes a relationship a relationship.

Describes Me Completely Describes Me Somewhat Doesn't Describe Me At All

6. I think if one person really wants to try something new sexually, the other person should at least be willing to try it once.

Describes Me Completely Describes Me Somewhat Doesn't Describe Me At All

7. I enjoy play wrestling with a partner.

Describes Me Completely Describes Me Somewhat Doesn't Describe Me At All

8. I think that if you're in a relationship with someone you kind of "belong" to each other. I should be able to touch them, and they should be able to touch me – whenever and wherever we want.

Describes Me Completely Describes Me Somewhat Doesn't Describe Me At All