

## Relationship Boundaries Worksheet

Below you will find a list of physical, time, and emotional boundaries that are common to think about in romantic relationships. This list is not comprehensive, so feel free to add other boundaries to the chart as needed.

Given the nature of the topic, we do not recommend filling this out with the person you are dating. Do this alone with God, then go over it with a trusted friend or mentor whose dating life honors God in a way that you would like to model.

Only after completing these steps should you communicate your boundaries with the person you are dating, and we recommend only communicating boundaries that you feel good about allowing in the season of dating you find yourselves in. (For example, we do not recommend talking to your boyfriend or girlfriend of two weeks about when it would be appropriate to engage in oral sex.)

This worksheet is intended to facilitate conversation, not to be a binding set of rules. If you find yourself needing to rethink boundaries for some reason (for example, you decide to integrate kissing at six months but get there and decide you want to push it back a few months), please do, just do so with God and with a trusted friend or mentor.

Physical:	Back rub or head rub	Kissing on the lips	Kissing on the cheek	Kissing on the neck	Putting hand on leg
	Holding hands	Holding each other, cuddling	Laying down together	Making out	
Time/Location:	How late at night is it wise to see each other?	Time alone in apartment	How often is it wise to see each other?	Time alone in car	Overnight trips together
Emotional/Milestone:	Buying expensive gifts	Discussing intimate things, discussing sexual history	Meeting family, going to family functions	Saying "I love you" or "It's God's will that we are together"	Discussing marriage

It would be a good idea to list two or three people who can hold you accountable to these boundaries and write down how often you intend to check in with them: \_\_\_\_\_

---

<p>Fill in each section with what you think is appropriate considering what God allows biblically and what you personally are comfortable with. If you and the person you are dating differ on your boundaries convictions, a great rule of thumb is to go with the more conservative set of boundaries.</p>		<p>At each stage in the relationship, how often will you call each other? Text each other?</p>	<p>At each stage in the relationship, what's an appropriate level of spiritual support to provide one another?</p>
Friendship			
Going on Dates			
Exclusive Dating: Early on (you might divide these "exclusive dating" sections by number of months)			
Exclusive Dating: Later on			
Exclusive Dating: Pre-Engagement			
Engagement			
Marriage	<p>Touching genitals, breasts Oral sex Sexual intercourse</p>		

