

My Boundaries

Boundaries are the rules or limits that we set for ourselves. An important part of building and maintaining relationships is identifying our limits. For the relationships listed below, take a moment to consider your personal limits related to **physical touch, personal space, and emotions**. If a relationship does not apply to you, consider how you might want a relationship of that type to look.

Parents/Guardians: _____

Siblings: _____

Romantic Partners: _____

Roommates: _____

Classmates: _____

Professors: _____

Friends: _____

