

Boundaries Self-Reflection Questionnaire for Partners

Boundaries Self-Reflection Questionnaire for Partners

Purpose: This tool is for you, as a partner, to better understand your own limits and needs in your relationship. Reflecting on and defining your boundaries supports both your wellbeing and your partner's healing journey.

Take your time. There are no right or wrong answers.

1. Emotional Boundaries

- When I feel emotionally overwhelmed, I need:

☐ Space to process alone

☐ Support from my partner

☐ Time before continuing the conversation

☐ Other: _____

- What are signs that I'm emotionally drained or taking on too much of my partner's pain?

- What helps me stay emotionally regulated when my partner shares something difficult?

- I feel respected emotionally when my partner:

2. Physical Boundaries

- How do I feel about physical affection (e.g., hugging, cuddling, hand-holding)?

Comfortable with: _____

Boundaries Self-Reflection Questionnaire for Partners

Uncomfortable with: _____

- When I don't want to be touched, I prefer to express it by:

☐ Saying it directly

☐ Using a signal or gesture

☐ Taking space physically

☐ Other: _____

- What are my non-negotiables regarding physical boundaries?

3. Sexual Boundaries

- How do I currently feel about initiating or engaging in intimacy when trauma may be present?

- What are my boundaries around:

Frequency: _____

Communication during intimacy: _____

Safe words, check-ins, or pauses: _____

- I feel safe and connected during intimacy when:

4. Time & Space Boundaries

- How much alone time do I need to feel grounded?

☐ Daily ☐ Weekly ☐ As needed ☐ Other: _____

- I feel supported when I have time for:

☐ Hobbies or personal interests

☐ Friends or family

Boundaries Self-Reflection Questionnaire for Partners

☐ Rest and relaxation

☐ Therapy or support groups

☐ Other: _____

5. Communication Boundaries

- I feel most heard when:

☐ My partner maintains eye contact

☐ I have time to speak without interruption

☐ We take turns in tough conversations

☐ My partner checks in before heavy conversations

☐ Other: _____

- Topics I may need boundaries around (e.g., trauma details, future planning, finances):

- When a conversation becomes too much, I will:

☐ Ask for a pause

☐ Step away for a few minutes

☐ Use a grounding strategy

☐ Other: _____

6. Support & Capacity

- I want to support my partner, but I also need:

☐ Time to recharge

☐ My own support system

☐ Professional guidance (therapy, etc.)

☐ Reassurance that it's okay to set limits

Boundaries Self-Reflection Questionnaire for Partners

- When I'm at capacity and can't offer support, I will say:

" _____ "

7. Reflection

- What boundary do I find the hardest to express or enforce, and why?

- What would it feel like to have my boundaries respected consistently?

- How can I communicate my boundaries in a way that feels kind and clear?

Note: You are allowed to have needs and limits. Setting boundaries is not rejection-it's connection with integrity. Sharing them gently with your partner can strengthen your relationship and support healing for both of you.