Therapy For Everyone
Diana Clement, LMHC

The Healthy Boundaries Checklist

Provided by Diana Clement, Licensed Mental Health Professional

1. Emotional Boundaries

[ ] I can express my feelings without being dismissed or "fixed."

[ ] I take responsibility for my own emotions and do not "carry" my partner's mood.

[ ] I feel safe saying "I'm not ready to talk about this yet."

2. Time & Energy Boundaries

[ ] I have time for my own hobbies, friends, and self-care.

[ ] I can say "no" to a request without feeling an immediate need to apologize.

[ ] My partner respects my need for rest or solitude.

3. Digital & Privacy Boundaries

[ ] We have agreed-upon rules for social media (e.g., what to post/not post).

[ ] My phone and passwords are my private property, even in a committed relationship.

[ ] I do not feel pressured to "check in" constantly when I am away.

4. Physical & Sexual Boundaries

[ ] My "no" is always respected, regardless of the situation.

[ ] I feel comfortable defining my personal space needs.

[ ] My physical comfort is prioritized over "pleasing" others.

If you checked fewer than 3 boxes in any section, it may be time to explore these areas in therapy.

Healing starts with a single boundary.

Visit https://www.therapistinflorida.com to schedule a consultation or call (786) 876 - 8853.