

Think Real Love Needs No Boundaries?

(THINK AGAIN)

BOUNDARY CHECKLIST

Ask yourself the following questions to determine the kind of boundaries you have in your current relationship.

1. *Is it okay to have your own friendships separate from your partner?*
2. *Do you feel like being in love means everything has to be about that person?*
3. *Do you travel without your partner ever?*

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4. *Are you allowed to go to your therapist and not tell your partner what you talked about or is there an expectation from them or from you that you will talk about what you shared with your therapist?*
5. *Are you allowed to have private thoughts from that person in your life?*
6. *Is it OK to 'agree to disagree'?*

These questions are to give you an idea of what kind of boundaries you are currently rocking in your relationship. Remember healthy love **REQUIRES** boundaries as they protect your relationship. Interdependence, not codependence is the goal.