Boundaries Matter

REAL TALK ON RELATIONSHIPS, RESPECT AND SPEAKING UP TO END VIOLENCE



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How I Like Love

With Loved Ones

Below are examples of ways people may communicate love, inspired by the five love languages. Love languages refer to how we like to give and receive care and affection. Your primary love languages may shift over time and vary depending on who you're interacting with. This worksheet can give you a better understanding of what makes you feel most loved right now. This can help you communicate your desires and boundaries with your loved ones.

A Summary of the 5 Love Languages

- **Words of Affirmation** Expressing compliments, assurance, encouragement, and gratitude
- **Quality Time** Spending meaningful time together through shared spaces and activities
- **Physical Touch** Physical affection and intimacy
- **Receiving Gifts** Giving thoughtful, intentional and/or personalized presents
- **Acts of Service** Performing helpful and kind actions that make someone's life easier

Below are examples of acts that fall into each love language category. Rank each category 1-5 based on how much that love language speaks to your preferred ways of being shown love.

1 = The category that feels closest to your ideal
5 = The category you resonate with the least

						Your Rank
	Taking time to express how much they appreciate you	Sending sweet and encouraging texts to you	Complement -ing your outfit	Sharing moments that make them think of you	Regularly asking you about your day and validating your feelings	☐
	Playing video or board games with you	Working out and/or going to the gym together	Spending birthdays and other milestones together	Cooking new recipes together	Visiting new places with each other	☐

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Greeting you with a hug every time they see you	Cuddling while watching a movie together	Walking arm in arm or holding hands	Playing with your hair	Holding you when you are feeling sad	☐
Curating playlists of songs they think you'll like	Getting you the shoes you've been excited about	Making art for your bedroom wall	Bringing you a souvenir after they come back from a trip	Surprising you with items to add to your collection	☐
Dropping off lunch for you on a busy day	Helping you study or prep for a big event	Running errands for you	Helping you with household chores	Refilling your water bottle	☐





Think about a relationship where you felt most loved.
What actions and/or gestures did the person do that made you feel loved?

What is your default way(s) of showing love to others?
If they've changed over time, how so?

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Recipe for Healthy Relationships

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What does a healthy relationship look like to me?

_____

_____

_____

What makes me feel most loved? How do I like to be shown love?

(If you are familiar with love languages, share your love languages.)

_____

_____

_____

What qualities are important to me in a partner?

_____

_____

_____

How can I bring these qualities into my own life?

_____

_____

_____

Ingredients for a Healthy Relationship

- **Respect**
  Value and care about each other's thoughts, feelings, and choices.
- **Trust**
  Be honest and dependable.
- **Communication**
  Talk openly and listen without judgment.
- **Honesty**
  Be truthful, even when it's hard.
- **Compassion**
  Show care through your words and actions.
- **Support**
  Encourage each other's goals and dreams.
- **Equality**
  Share power and make decisions together.
- **Independence**
  Support each other's individual interests and time apart.
- **Boundaries**
  Respect each other's limits and needs.
- **Accountability**
  Take responsibility for your actions and work to make things right.
- **Fun**
  Make time to laugh, enjoy each other, and try new things together.



Rotten Ingredients
for an Unhealthy Relationship



These ingredients can make a relationship unhealthy.

- [ ] **Disrespect**
  Putting you down or not valuing your thoughts and feelings.
- [ ] **Dishonesty**
  Lying or hiding the truth.
- [ ] **Poor Communication**
  Not listening, ignoring, or refusing to talk about problems.
- [ ] **Control**
  Trying to tell you what to do, who you can see, or what you can wear.
- [ ] **Jealousy**
  Getting upset when you spend time with others.
- [ ] **Pressure**
  Pushing you to do something you're not comfortable with.
- [ ] **Manipulation**
  Making you feel guilty or confused to get their way.
- [ ] **Isolation**
  Trying to keep you away from friends, family, or activities.
- [ ] **Lack of Accountability**
  Blaming you for their mistakes or refusing to take responsibility.
- [ ] **Inconsistency**
  Being hot and cold, unpredictable, or saying one thing and doing another.
- [ ] **Emotional, Physical, or Sexual Abuse**
  Hurting you in any way.

Which of these ingredients would be deal breakers for you? Why?

_____

_____

_____

_____

Have you ever noticed any of these in a relationship? What happened?

_____

_____

_____

_____

How can you support a friend who might be in an unhealthy relationship?

_____

_____

_____

Remember...

You deserve a relationship that is safe, respectful, and healthy. If something doesn't feel right, trust your instincts and reach out to a trusted adult or local support resource.

WEEKLY/MONTHLY RELATIONSHIP CHECK IN QUESTIONS

What is a relationship check in?

It's setting aside intentional time for you and your partner(s) to discuss your relationship once a week, every 2 weeks or monthly. It's a great way to improve your relationship and increase communication and understanding about each other's wants, needs and boundaries. It doesn't replace regular communication but enhances it by creating more opportunity to share and feel a sense of connection.

Example Relationship Check In Q/A:

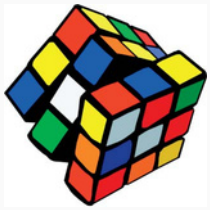
1. What went well in our relationship this week/month?
2. What issues or challenges came up for you in our relationship? How can we work on them this next week/month?
3. Did any worries, hesitations or insecurities come up for you this week/month?
4. What are you most grateful for in our relationship?
5. What is something specific I can do this week that will help you feel loved/supported?

Get Creative! Mix and Match

You can use the same questions for every check in or add in new questions each time.
Below are additional example questions:

- What are the little things I do regularly that make you feel loved/cared for?
- Do you feel secure and confident in our relationship? Why or why not?
- During this week/month, did you experience any moments of disconnection or feelings of distance from me? Why do you think those feelings came up?
- During this past week/month, when did you feel most connected to me? What moments did you feel closest to me?
- How can we increase our feelings of connection/closeness this next week/month?
- How are you feeling about our level of physical intimacy/affection this week/month?
- What is something I did this week/month that made you feel appreciated?
- What is causing the most stress or anxiety in your life? How can I best support you?
- How do you feel about the pace of our relationship?
- Are there any unresolved issues or feelings that we can check in about?
- Are there any insecurities that are coming up for you in our relationship?
- What is one thing each of us can do to improve our relationship?
- How did you care for or show love to yourself this week/month? Are there things I can do to make it easier for you to engage in self-care?
- What kind of date have you been dreaming about? How can we make it happen?
- What are our big picture relationship goals? What do we want to accomplish together?

Let's Solve Problems Together: Q/ A Activity



Directions:Gothroughthese questionswith your partner(s) to reflectmore on your communication and conflict styles, needs, and current practices. Afterward, complete your conflict plan on the reverse side of this page.

DISCUSS CONFLICT STYLES, NEEDS AND BOUNDARIES
How did your family handle conflict while you were growing up?
How do you usually handle relationship conflicts? Are there areas you can improve in?
Have past relationships influenced how you approach conflict now?
What does healthy conflict look like in a relationship?
What boundaries are important for us to set during disagreements?
Do you prefer addressing conflicts immediately or taking time to reflect and discuss later?
How comfortable are you expressing emotions or vulnerability during a disagreement?
Are there actions or phrases that often escalate tension for you?
What communication tools or strategies do you find helpful for resolving conflicts?
How can we maintain love and connection during difficult discussions?
Can we establish a code word to communicate that the conversation is becoming too intense and we need to take a break?
How can we establish regular check-ins and communication habits to prevent conflicts from escalating?

REFLECT ON YOUR CONFLICT RELATIONSHIP PRACTICES
How did we handle our most recent conflicts? What worked well? What are areas we could improve on?
Were there times when expressing thoughts or emotions during a conflict felt challenging?
In what ways have we learned from past conflicts & adjusted our communication styles?
Are there recurring patterns that come up in our conflicts? How can we address them?
Have we successfully used constructive and respectful language during disagreements?
How have we done at validating each other's perspectives and demonstrating empathy during our conflicts?
How well have we provided emotional support during conflicts?
Have we respected each other's boundaries during conflicts? Were boundaries ever crossed? If so, how can we prevent that in the future?
Is there anything specific we need from each other emotionally during challenging discussions?
Do we share a common vision for how we want to handle conflicts in our relationship?
How successful have we been in reconnecting after conflicts? What helps us rebuild our emotional connection?

TIPS FOR FIGHTING FAIR

l. Choose the right time
2. Establish ground rules for engagement
3. Use "I" statements to express your feelings
4. Actively listen, seek to understand each other's perspectives
5. Approachthe conflict as teammates: Work to find solutions together
6. Hold yourself accountable for any role you may have played in the conflict
7. Avoid name-calling and disrespectful language
8. Establish practices to reconnect after a disagreement

Mapping Out Our Conflict Plan

Our Conflict Ground Rules & Boundaries:

Areas we are strong in
when navigating conflict:

Areas we need to grow in
to better address conflict:

What are the communication tools or strategies that we
find most helpful when we have a disagreement?

Code word or phrase we can share
when things get too intense and
we need to take a break:

Ways we can re-connect after
a disagreement:

Post-Breakup Reflection Questions

What worked well in the relationship?

What didn't work well? What were the challenges & struggles I experienced in the relationship and/or with my ex?

How do I feel about the relationship ending? What feelings are coming up for me?

What did I learn about myself through this relationship?

Are there any relationship patterns that I see emerging as I reflect on my relationship history? Are similar issues coming up in each of my relationships?

What would I like to do differently in my future relationships? Are there any areas I need to grow in to be a healthier partner?

What do I hope to feel and experience in my next relationship?

What kind of values and qualities am I looking for in my next partner?

What are the activities I enjoy that I can focus on during this time?



Your Support System



You deserve support. Having a support system is so important during the healing process. Below are some questions to help you determine who your support system is and their capacity for supporting you.

Who are the people that I enjoy being around? That make feel good?

Who can I go to when I am struggling and need someone to talk to?

What is something I can say when I am in need of support?

What are the boundaries of those in my support system?

It's important to check in with people to see what their capacity is for supporting you and any boundaries they may have (for example, can they take that 12am phone call?)





Re-establishing Boundaries Guide

As you navigate your breakup, it's important to assess and re-establish boundaries with yourself and ex partner(s). Boundaries can change so continue to check in with yourself and reassess boundaries as needed.

What boundaries are important for me to set for myself during this break up period?
For example, will I unfollow them on social media? Will I cut off contact or still communicate with them?

What boundaries are important for me to communicate and establish with my ex as we navigate this break up? What boundaries do I think will be healthiest for me?

What are my ex's boundaries? How will I ensure I'm respecting them?

If I'm struggling with respecting my own boundaries, or my ex's boundaries, who can I go to that will hold me accountable and allow me the space to work through how I'm feeling?

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Self-Care Worksheet

Break ups are so challenging and can take a huge toll on our physical and mental health. You've experienced a loss. Remember to be gentle and kind to yourself and to reach out to others for support <3. It's okay to feel all that you feel. We encourage you to create a self-care plan. Below are some ideas to get you started. There's space under each time category for you to fill in your favorite self-care activities.

5 mins

- Write down 3 things that you're grateful for today
- Write down 3 things you love about yourself
- Write a list of all your favorite things to do when you're feeling sad
-
-
-
-



15 mins

- Go out in nature and make a conscious effort to soak in the sounds, smells, and beauty around you
- Journal out your feelings and emotions
-
-
-
-



30 mins

- Create a playlist filled with songs that make you feel empowered
- Cook a new recipe
-
-
-
-



1 hour

- Spend time with a loved one
- Get creative: Write a poem, draw, paint, dance!
-
-
-
-



Five Bystander Intervention Strategies

See something.
Say something.
Do something.

You don't have to be a superhero to make a difference. Bystander intervention means noticing when something isn't right and choosing to take action. Even actions small actions can help prevent harm and support someone who may be experiencing violence or unsafe behavior.

MVP (Mentors in Violence Prevention) teaches five strategies you can use:



1 Direct

Speak up and address the situation directly when it feels safe. Use a calm and respectful tone. For example:
"Hey, that's not cool" or "Are you okay?"



2 Distraction

Change the subject or create a distraction to interrupt the situation. This can help de-escalate tension and give someone a chance to get out of an uncomfortable or unsafe situation.



3 Delegation

Get help from someone else. This could be a friend, coach, teacher, or another trusted adult. You don't have to do it alone!



4 Delay

Check in with the person after the situation. They may not be ready to talk right away. Let them know you care and are there to listen when they're ready.



5 Documentation/Protocol

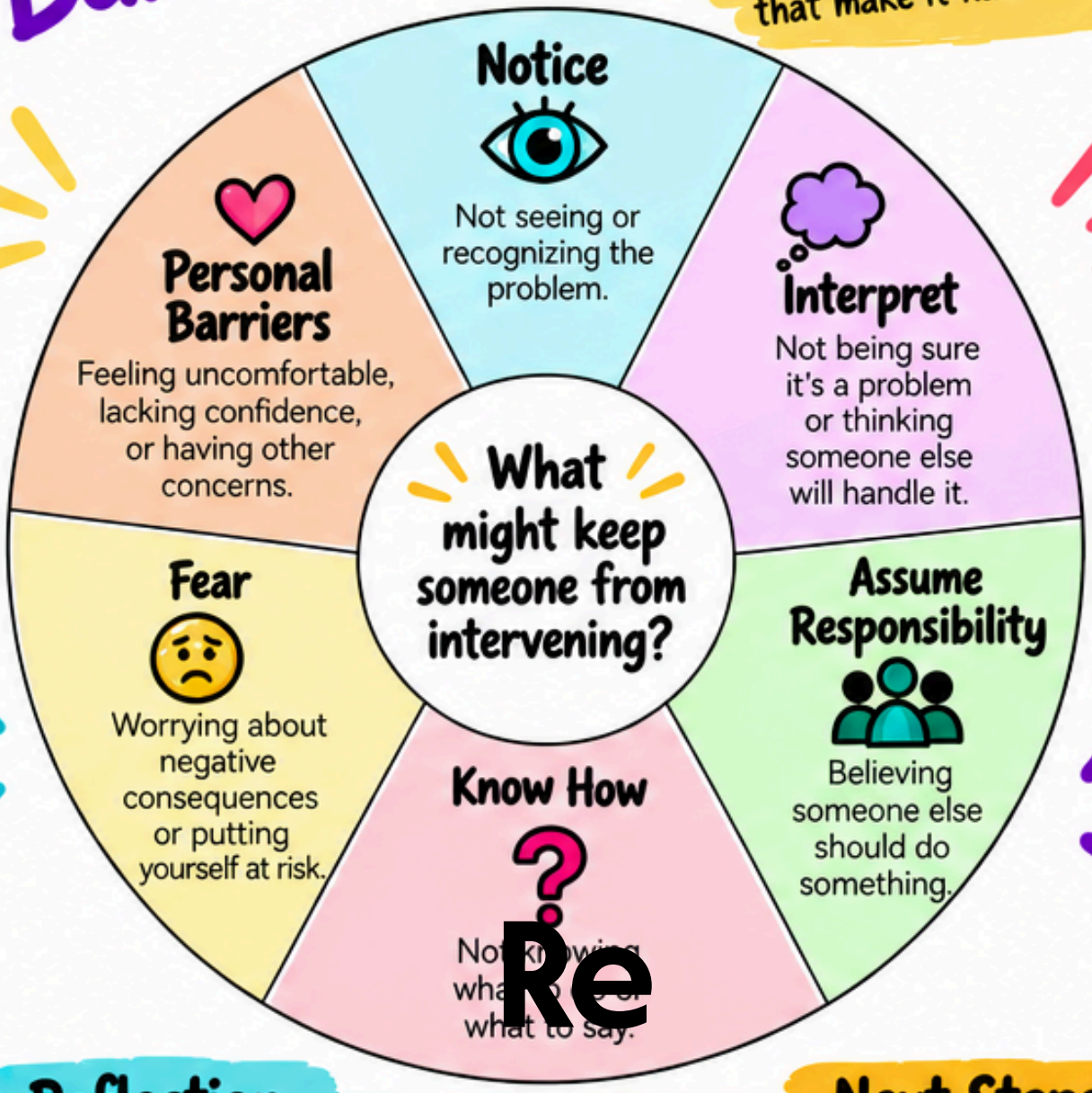
Take note of what happened and report it if needed. Documenting the situation can help keep people safe and make it easier to get support.

Your actions matter.

Together, we can create safer schools, healthier relationships, and stronger communities.

Intervention Barrier Wheel

Sometimes we want to help, but things can get in the way. This wheel shows common barriers that make it hard to intervene.



Reflection

Which barrier do you think is the biggest challenge for you? Why?

Next Steps

What could help you overcome this barrier and feel more confident intervening?

Resources:

Hope Shores Alliance is a community supported organization dedicated to assisting victims/survivors and their families in ending domestic and sexual violence and discrimination in their lives through education, systems change, building community partnerships, and ensuring availability and accessibility of free and confidential supportive services.

Call (800) 396-9129 or visit our website at hopeshores.org, and on Facebook, Instagram and TikTok at Hope Shores Alliance

loveisrespect.org
Call (866)331-9474
Text LOVEIS to 22522 or Chat Live
Available 24/7

Compass North
nemifrc.org/compass-north
or call (855)268-6558
Homeless Youth and Runaway Services

Teens & Technology: Safety, Privacy, & Empowerment:
https://www.techsafety.org/survivor-toolkit/teens-and-technology

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