

# Sexual Boundaries Worksheet

## Patient Information

Full name: \_\_\_\_\_

Date of Birth (MM/DD/YY): \_\_\_\_\_ Gender: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Relationship to Emergency Contact: \_\_\_\_\_

## Introduction

Setting and respecting sexual boundaries is an essential part of healthy relationships. This worksheet is designed to help you identify and communicate your boundaries and limits to your partner(s) in a safe and non-judgmental space. By completing this worksheet, you will have a clearer understanding of what you are comfortable with and what you are not, as well as the tools to communicate your boundaries effectively.

## Boundaries and Limits

Boundaries are personal limits that define how you want to be treated physically, emotionally, and sexually. It is essential to recognize and respect your boundaries to maintain healthy relationships. Please answer the following questions to identify your personal boundaries and limits.

**1. What are some things you are comfortable with when it comes to sexual activity?**

**2. What are some things you are not comfortable with when it comes to sexual activity?**

**3. What are some situations that would make you feel uncomfortable or violated?**

**4. Are there any physical or emotional triggers that make you uncomfortable?**

**5. What are some ways that someone can show respect for your boundaries?**

## **Communication**

Effective communication is vital in setting and respecting sexual boundaries. Please answer the following questions to help you communicate your boundaries effectively.

**1. Why is communication important when it comes to setting boundaries?**

**2. What are some tips for communicating your boundaries effectively?**

**3. Can you give an example of a situation where you had to communicate your boundaries assertively?**

## **Consent**

Consent means giving or receiving permission to engage in sexual activity. It is crucial to obtain clear and enthusiastic consent before engaging in any sexual activity. Please answer the following questions to help you understand consent.

**1. What does consent mean to you?**

**2. What are some ways that you can give and receive consent?**

**3. How do you know if someone has given their consent?**

## Action Plan

Now that you have identified your boundaries, communication skills, and understanding of consent, it's time to create an action plan for how you will communicate and enforce your boundaries in your relationships. Please answer the following questions to develop your action plan.

**1. What are some potential barriers or challenges you may face when communicating your boundaries?**

**2. How can you overcome these barriers or challenges?**

**3. What are some strategies you can use to communicate your boundaries effectively?**

**4. What will you do if someone violates your boundaries?**

***Note: Remember, it is essential to respect and communicate your boundaries to maintain healthy relationships. Use this worksheet as a tool to identify and communicate your personal boundaries and limits.***