

COUPLES WORKSHEET: DEVELOPING BOUNDARIES FOR ARGUMENTS OR "FIGHTS"

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Directions: First, make a list of behaviors which are acceptable and unacceptable to you when you argue or "fight." The purpose of this worksheet is to describe the limits or boundaries of conflict between you and your partner that would not be permanently destructive to your love. Then designate who each item refers to, circle the "S" (Self), "P" (Partner), or "S / P" (Both). Finally, assign an intensity level to your feeling about an item with a number between "0" = MILDLY (acceptable or unacceptable) and "10" = ABSOLUTELY (acceptable or unacceptable).

<u>ACCEPTABLE BEHAVIORS</u>	<u>Intensity Rating</u>	<u>UNACCEPTABLE BEHAVIORS</u>	<u>Intensity Rating</u>
1.		1.	
S / P _____	_____	S / P _____	_____
2.		2.	
S / P _____	_____	S / P _____	_____
3.		3.	
S / P _____	_____	S / P _____	_____
4.		4.	
S / P _____	_____	S / P _____	_____