



# Instructions

## Managing Fidelity in Your Relationship by Setting Boundaries

### Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Hand each participant a copy of The 5 Questions Boundary Exercise: Managing Fidelity in Your Relationship by Setting Boundaries.
3. When both participants have written a question on all five (5) pieces of paper, instruct them to fold each one and place it in the container provided. Mix them all up.
4. Instruct the couple to take turns drawing and reading the questions. Both of them should answer all ten (10) questions.
5. Instruct the couple to set aside any question on which they are not in agreement.
6. After all the questions have been read and answered, collect those where there was disagreement between the couple.
7. Request that the couple continue their discussion outside of the visit working through their boundaries agreement.
8. Let couple know that you can assist with some ideas or provide appropriate referrals for additional help, if necessary.

### Tips for Discussion and Processing

Couples should understand that the purpose of establishing boundaries is to protect the relationship and to take care of the individuals in the relationship. It is important for couples to agree on these boundaries. Partners need to feel safe enough with each other to tell their partner when they are acting in ways that are not acceptable or healthy for the relationship.

**Title:** Instructions Managing Fidelity in Your Relationship by Setting Boundaries

**Group Size:** 10 to 50+; must be even numbered group as they will work in pairs

**Time Needed:** Assist couples in identifying the need for an agreement that focuses on appropriate boundaries and begin to develop the agreement.

**Goal:** To create a deeper understanding of self and a new acceptance of others.

**Audience:** Couples

**Special Considerations:**

### Resources Needed:

- The 5 Questions Boundary Exercise: Managing Fidelity in Your Relationship by Setting Boundaries
- Ten (10) small pieces of paper
- Container – cup, bowl, or hat.
- Writing utensils

As you move the couple through the exercise, remember that the boundaries chosen are based on their values, not yours. If you witness signs of self-esteem issues or potential domestic violence, address these issues separately and with the guidance of a supervisor or trusted colleague.

**Resources:**

Setting Personal Boundaries - protecting self

[http://www.joy2meu.com/Personal\\_Boundaries.htm](http://www.joy2meu.com/Personal_Boundaries.htm)

Establishing Healthy Boundaries in Relationships

<http://www.livestrong.com/article/14688-establishing-healthy-boundaries-in-relationships/>