## **Sexual Boundaries Worksheet**

| Consider the following questions:       |                                |
|---|--------------------------------|
| - What are my personal values and be    | eliefs about sex and intimacy? |
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| - What activities or behaviors do I fee | l comfortable engaging in and  |
| which ones do I want to avoid?          | r comortable engaging in, and  |
| behaviors I feel comfortable            | behaviors I want to avoid      |
| engaging in                             |                                |
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| - What are my non-negotiable boundaries when it comes to sexual |
|---|
| activity?   |
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| - How do I communicate my boundaries effectively to my partner? |
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