

ACS Family Advocacy Program

Healthy Boundaries

Creating boundaries is a good way to keep your relationship healthy and secure. By setting boundaries together, you can both have a deeper understanding of the type of relationship that you and your partner want. Boundaries are not meant to make you feel trapped or like you're "walking on eggshells." Creating boundaries is not a sign of secrecy or distrust — it's an expression of what makes you feel comfortable and what you would like or not like to happen within the relationship.

A few tips for setting boundaries:

- Communicate your thoughts and feelings with one another
- Never assume or guess your partner's feelings
- Follow through on what you say
- Take responsibility for your actions

Remember, healthy boundaries shouldn't restrict your ability to:

- Go out with your friends without your partner.
- Participate in activities and hobbies you like.
- Not have to share passwords to your email, social media accounts or phone.
- Respect each other's individual likes and needs.
- Talk about your feelings and insecurities

Please do not hesitate to reach out to the Family Advocacy Program at on our Belgium hotline at +32 (0)472 90 1068 or at our Netherlands hotline at +31 (0)613 21 6737. You may also visit our website page <https://home.army.mil/benelux>.

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