Boundaries in Intimate Relationships

Myths & Truths:

I have to share everything about myself and my life with my partner.

*Sharing some of our vulnerabilities (when we feel safe and supported to do so) can certainly increase the intimacy of any relationship and is necessary for connection. However, it doesn’t matter what the nature of the relationship is, we are all entitled to privacy as a basic right. It’s important that we have the support and space to share what we’re comfortable with sharing at the time that’s right for us.*

I have to let my partner have access to my phone, computer, passwords, accounts, etc.

*We are all entitled to privacy as it is a basic need to feel safe and secure. Each couple navigates what they unite and what they divide in their relationship differently and neither partner should ever feel like they are being forced to share something they don’t want to. There are various arrangements for paying bills, banking, computer accounts, etc. What’s important is openly communicating and coming up with a mutually agreed upon plan.*

Part of my duty as a partner is to engage in sexual intimacy.

*While sexual intimacy can be an important part of intimate relationships, what sexual intimacy looks like and whether or not it’s desired varies by person and couple. What’s important is open and honest communication and mutual respecting of boundaries. It is never okay to force someone or expect sexual intimacy from someone. However, that doesn’t mean that you can’t express that you’re feeling neglected or that you’re missing sexual intimacy in a supportive and respectful conversation (although this still doesn’t entitle you to it).*

If I said I’m okay with something in our relationship once, I always have to be okay with it.

*Boundaries are flexible and it is our right to change our boundaries depending on our current needs.*

My partner should be the person to complete me.

*A healthy relationship is made up of two complete separate individuals.*

I have to give up friendships with people of the same gender(s) that I am attracted to.

*Feeling like we have to forfeit our friendships with people of the gender(s) we are attracted to is often rooted in the jealousy of our partner. While we can support our partner in working through their feelings of jealousy, we are not their therapist (nor is it helpful to try to be) and we should not and cannot carry their baggage for them. Their baggage is for them to own and work through themselves. See human rights in intimate relationships.*