

**Physical** touching, hitting, hugging, pushing, tickling, kicking, standing close, holding hands, back rub/massage, being alone together, sitting close, sharing a bed, sharing a drink, feeding one another, brushing/touching one another's hair, undressing, spanking, caressing, pinching, whispering...

**Emotional** love, jealousy, praise, excessive flattery, guilt, threats, demands for attention, conditional affection, bribery, sharing personal information, freedom, control, responsibility, isolation, intimacy, possessiveness, support, coercion...

**Behavioral** exchanging gifts, spending time together, lying, excluding others, keeping secrets, drinking alcohol, gambling, watching adult movies, doing favors, taking trips together, having sleepovers, taking pictures of each other, using drugs, smoking, driving, hiding things...

# Boundaries

Some boundaries are absolute—some things are **never** ok. Other boundaries are determined by the nature of our relationship, the situation, and our own personal comfort zone. Speak out when you feel your boundaries have been violated.

