

# One Member's Boundaries for Healthy Dating

THE JOURNAL Jan/Feb 1992

'him/her/he/she' language changed to 'them/their'

**Each boundary is a statement of the behaviour I no longer want to act out, followed by an affirming statement of the behaviour I want to replace the old behaviour with.**

1. **I will not see them for reasons of being sexual.**  
*I will see them to do something of mutual interest or to get to know as a friend.*
2. **I will not stop or cancel my other activities to see them.**  
*I will see them when it fits into my schedule.*
3. **I will not have sex with them for at least 13 dates.**  
*I will trust them before having sex.*
4. **I will not make them perfect.**  
*I will see them for who they are.*
5. **I will not give away my trust.**  
*I will take time to get to know them and come to my own conclusions about whether I should trust them.*
6. **I will not manipulate to get compliments of their attractions for me.**  
*I will compliment myself.*
7. **I will not beat myself up for the first addictive thought.**  
*I will replace addictive thoughts with healthy ones.*
8. **I will not constantly think about or fantasise about them.**  
*I will have a well-rounded life where I think about all things happening in my life.*
9. **I will not pretend to be someone else.**  
*I will be truthful, honest, and totally myself.*
10. **I will not share personal things about myself before its time.**  
*I will keep appropriate boundaries and let intimacy develop naturally.*
11. **I will not jump head-first into the relationship.**  
**I will not have daily contact.**  
*I will walk slowly, and initially talk to them only when we have specific plans.*
12. **I will not feel obligated to stay in the relationship, or to continue dating them.**  
*I can end the dating/relationship whenever I want for any reason.*