

## Limits Questionnaire

Name: \_\_\_\_\_ Date: \_\_\_\_\_

In every couples relationship, it is important to define the limits of what is and what is not acceptable behavior during a fight. Below, define these limits for yourself in clear and specific terms. Also, define the limits you would like your partner to have. Be sure to cover such areas a physical behavior, voice tone, ending a fight, and what you don't want said. **On the back, list what you negotiate as agreeable to both of you.**

*1. For me, it is acceptable to do the following during a fight:*

*2. For me, it is not acceptable to do the following:*

*3. For you, it is acceptable during a fight to do the following:*

*4. For you, it is not acceptable to do the following:*