

## Some Factors in Boundaries in Relationships

### Type of Boundary

<b>Physical</b>	<b>Mental/Emotional</b>	<b>Spiritual</b>
<b>Physical closeness</b>	Beliefs	Spiritual
<b>Touching</b>	Thoughts & ideas	Relationship with Diety
<b>Sexual behavior</b>	Feelings	Spirituality
<b>Eye contact</b>	Decisions	Religion
<b>Privacy</b>	Choices	Spiritual path
<b>Clothes</b>	Unfinished business	Spiritual preferences
<b>Shelter</b>	Projections	Spiritual practices
<b>Property</b>	Energy	Relationship with higher self
<b>Money</b>	Sexuality	Relationship with inner self
<b>Physical differences</b>	Need	
<b>Gifts</b>	Time alone	
<b>Food</b>	Intuitions	
<b>Pollution, noise/smoke etc.</b>	Individual differences	
<b>Time and energy</b>	Love	
	Interests	
	Relationships	
	Responsibilities	
	Confidences	
	Secrets	
	Participation	
	Roles	
	Rules	
	Self-esteem & self-worth	