The 6 Types of Boundaries

Boundaries are expectations and needs in different areas of human experience that help a person feel safe and comfortable in their relationships. Below are six common boundary areas with examples of what they include.

1. **Intellectual Boundaries**
   Preferences related to how opinions, thoughts, and conversational topics are shared and handled.

2. **Emotional Boundaries**
   - What, where, and how much a person shares their emotional life.
   - How your own and others’ emotional needs are handled.

3. **Sexual Boundaries**
   - How sexual matters are talked about.
   - When, where, and how sexual material is presented.
   - Consent related to sexual or sexually suggestive words, jokes, images, gestures, or touch.

4. **Time Boundaries**
   - How you relate to your own and others’ time.
   - How time-related needs and preferences are handled.

5. **Material Boundaries**
   - Treatment of possessions and property.
   - Preferences and needs regarding possessions and property.
   - How possessions and property are shared.

6. **Physical Boundaries**
   - Physical body.
   - Personal space as experienced through your senses.
   - Preferences for respect, privacy, closeness, and touch.