

## Ten Questions: Setting the Boundaries for a Healthy Relationship\*

The following is a list of questions that are helpful to consider when setting the boundaries of a sponsor/sponsee (*sic*) relationship.

1. In general, how much time is each willing to give to this relationship?
2. How often do you want to get together or talk on the telephone?
3. Are there certain times of the day or evening that one is not willing to take phone calls?
4. Are there any foreseeable circumstances that could change a relationship, such as: a decision to change jobs or workloads, to get married, to move away, or to have a child?
5. Does either member want to set a time limit on the length of the relationship?
6. Does either member want to periodically reevaluate whether the relationship is working?
7. What about celebrations, taking time to acknowledge gratitude for each other?
8. Under what circumstances would the relationship be terminated?
9. Does the Sponsor or Sponsee expect gifts or money: cash loans, housing, cars, or employment?
10. Are there appropriate boundaries on socializing, sexuality, and intimacy?

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\*These questions appeared on page 12, of the *Codependents Anonymous Sponsorship Booklet*, ©2003, no longer in print.