

Boundaries Checklist for Shared Housing



1. Personal Space

- Designate private areas for person (e.g., bedroom)
- Agree on quiet hours to respect personal time

2. Shared Spaces

- Establish rules for cleaning and maintaining common areas (Kitchen, Living room, Bathroom)
- Decide on how shared items (dishes, appliances) will be used and cleaned

3. Communication

- Set expectations for how and when to communicate about household issues
- Agree on preferred methods of communications (in person, group chat, notes)

4. Visitors

- Discuss and agree on policies regarding guests and overnight visitors
- Establish how much notice is needed before having guests over

5. Financial Responsibilities?

- Create a plan for shared expenses (rent, utilities, groceries)
- Agree on how to handle late payments or disputes over finances

6. Personal Belongings

- Discuss boundaries around using each other's personal items (food, toiletries)
- Establish guidelines for borrowing items and returning them

7. Conflict Resolution

- Decide on a process for addressing conflicts when they arise
- Agree to have open and honest conversations about issues without judgment

8. Privacy and Emotional Support

- Respect each other's need for privacy and alone time
- Discuss how to offer support without overstepping boundaries

9. Lifestyle preferences

- share daily routines and habits to understand compatibility
- Discuss noise levels, cooking times, and shared activities to avoid disruptions

10. Regular Check-Ins

- Schedule regular meetings to discuss how things are going and adjust boundaries as needed
- encourage an open dialogue about any changing needs or preferences

11. What other boundaries are important to you?

How to use this checklist

- Review each item individually and discuss with housemates
- modify the checklist to reflect your specific living situation and preference
- keep the checklist visible in a shared space to remind everyone of agreed boundaries