

HUG Limit-Setting Worksheet

Healthy relationships require balancing empathy with personal boundaries. The HUG method helps people communicate limits respectfully while preserving connection. It encourages active listening, emotional understanding, and collaborative problem-solving without sacrificing your core values or needs.

Remember that HUG stands for:

H = Hear

U = Understand

G = Give alternatives

A more detailed explanation for each of these follows.

H = Hear What Your Partner Is Saying

Before responding to your partner, first come into the present moment, pause and focus on understanding your partner's words without interrupting or preparing your rebuttal. The goal is to ensure your partner feels heard.

What is my partner saying?

What specific concern, request, or need is my partner expressing?

What did I hear without adding my own assumptions or interpretations?

U = Understand Your Partner's Thoughts and Feelings

Try to see the situation from your partner's perspective. Remember that validating someone's experience does **not** mean you must agree with their opinions or change your own boundaries.

What emotions might my partner be experiencing?

- Hurt
- Angry
- Frustrated
- Afraid
- Disappointed
- Lonely
- Anxious
- Other: _____

How might my partner be viewing this situation?

How can I acknowledge their experience without giving up my own values or boundaries?

Examples:

- "I can understand why you feel that way."
- "That makes sense from your perspective."
- "I hear that this is important to you."

My response:
