

Dr. Wyatt Show Podcast

Episode # 259

8 Boundaries with the Opposite Sex in Marriage

1-How often do you exercise together with someone of the opposite sex? Is this putting you at risk?

2-How often do you share meals alone with someone of the opposite sex? Is this putting you at risk?

3-How often do you work alone with someone of the opposite sex? Is this putting you at risk?

4-How often do you travel alone with someone of the opposite sex? Is this putting you at risk?

5-How often do you redirect your thoughts back toward your partner sexually when self-pleasuring?

6-How often do you share your problems with someone of the opposite sex? Is this putting you at risk?

7-How often are you the sounding board for someone of the opposite sex? Is this putting you at risk?

8-How often do you consume substances when you're with someone of the opposite sex? Is this putting you at risk?

Based on all this information, what boundaries can you and your partner agree on moving forward to reduce both of your affair risk?

For more support working through resentments in your marriage, book a [relationship coaching session here](#).