

PRINTABLE WORKSHEET

Business couple boundary audit

For spouses, co-founders or family members who run a business together. Rate each statement: 1 = not true, 3 = partly, 5 = very true.

1. We have times and places where business talk is off-limits, and we mostly stick to them. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. We each know which decisions at work are mine, which are yours, and which are ours. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. Whoever controls the money, or signs the cheques, doesn't get more say at home because of it. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. Our ownership, and what happens if one of us wants out, is written down. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. We regularly spend time together that has nothing to do with the business. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. Disagreements from work regularly follow us home. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. We often step on each other's areas at work. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. One of us feels their contribution to the business is undervalued. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. We have talked honestly about what would happen to the business if our relationship ended. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. I still feel like my partner's partner, not just their colleague. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. Either of us can say "not now" about a work topic without it causing friction. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. When we disagree at work, we have an agreed way to decide: a tie-breaker, a process, or a trusted third person. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

13. We can talk about pay, ownership and risk openly without it getting personal. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

14. We've discussed succession (who, when and how), or decided deliberately not to plan for it yet. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

15. Away from work, I can tell my partner how I'm really doing, including about the business, without it turning into a meeting. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Scoring

Items 6, 7, 8 are reversed: score them as 6 minus your rating. Then add up each boundary (3–15). Anything under 10 is where to start.

Work and home (items 1, 6, 11): ____

Roles and decisions (items 2, 7, 12): ____

Money and power (items 3, 8, 13): ____

Ownership, exit and succession (items 4, 9, 14): ____

Protected couple time (items 5, 10, 15): ____

Each of you should take your own legal and business advice on ownership and agreements.

Interactive version, with your results calculated for you: victoriarelationshiptherapy.ca/tools-business-couple-boundary-audit.html