

# BOUNDARIES WORKSHEET

Boundaries are rules that tell us what we can and cannot do. There are three basic types of boundaries.

- RIGID**      These are strict and do not change. You might not know why these are rules, but you do know that you must follow them.
  
- CLEAR**      You understand these rules. Clear boundaries can change too. Some things that were out-of-bounds when you were younger might be okay now.
  
- FUZZY**      These are “rules” that are not really rules at all. A fuzzy boundary might be one that says that anything goes. Or it might be a rule that is strict one day, but totally ignored the next day.

Here are some examples of boundaries. Write **R** for Rigid, **C** for Clear, or **F** for Fuzzy next to each.

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|-------|--|-------|--|
| ..... | “Beware of the Dog” signs                | ..... | “YOLO!” (You Only Live Once)               |
| ..... | “Do your homework or no TV.”             | ..... | “Always wear your seatbelt in a car.”      |
| ..... | “Don’t stay out too late.”               | ..... | “Stay off the grass!”                      |
| ..... | Film age ratings (i.e. PG, 12A, 15, 18). | ..... | “Don’t talk to strangers.”                 |
| ..... | “Don’t eat before you swim.”             | ..... | “Eat all your vegetables.”                 |
| ..... | “No sweets before bedtime.”              | ..... | “Put your coat on or you’ll catch a cold.” |

**What are your boundaries?** .....

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**Does your family have any boundaries?** .....

**Who sets them?** .....

**What kind of boundaries do you find the most frustrating – Rigid, Clear, or Fuzzy? Why?**

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