

**WORKSHEET • 8**

## Boundaries

Boundaries are rules that tell us what we can and can't do. There are three basic kinds of boundaries.

**RIGID:**

These are strict and do not change. You might not know why these rules are rules . . . but you do know that you have to 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 aren't 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 examples of boundaries. Write R (Rigid), C (Clear), or F (Fuzzy) next to each boundary.

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| ____ "Beware of Dog!"  | ____ "I'm not going steady with anyone until high school, at the earliest."                        |
| ____ "You kids stay off my lawn!"  | ____ "YOLO!" (You only live once.)   |
| ____ "Do unto others as you would have them do unto you."  | ____ "You must be this tall to ride the roller coaster."   |
| ____ "Mi casa es su casa."   | ____ "The more the merrier!"   |
| ____ "Your curfew is 9:00 p.m. sharp!"   | ____ "Keep Out!"   |
| ____ "Good fences make good neighbors."  | ____ "You can have the Internet password after you have done your homework and cleaned your room." |
| ____ "This movie is rated PG-13. Parents are strongly cautioned. Some material may not be suitable for children under 13." | ____ "Any friend of yours is a friend of mine."  |

What are your boundaries? \_\_\_\_\_  
\_\_\_\_\_

Does your family have any boundaries? \_\_\_\_\_ Who sets them? \_\_\_\_\_

What kind of boundaries do you find most frustrating—rigid, clear, or fuzzy? Why? \_\_\_\_\_  
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