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.

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