## Boundaries

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

<table>
<thead>
<tr>
<th>RIGID:</th>
<th>CLEAR:</th>
<th>FUZZY:</th>
</tr>
</thead>
<tbody>
<tr>
<td>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!</td>
<td>You understand these rules. Clear boundaries can change, too. Some things that were “out of bounds” when you were younger might be okay now.</td>
<td>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.</td>
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Here are examples of boundaries. Write R (Rigid), C (Clear), or F (Fuzzy) next to each boundary.

- ____ “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? ________________

__________________________________________________________________________________

__________________________________________________________________________________