

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.

___ "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? _____
