A HANDFUL OF BOUNDARIES
THE WORKSHEET

OK – BEHAVIORS

TIME
- calendar
- schedule
- +/- minutes on time

SPACE
- personal distance
- share room/desk/car

PERSON
- physical touching
- verbal touching
- words-tone

PROPERTY
- clothes
- food
- toys-tools

PAPERS
- diary
- mail
- purse
- wallet

NOT OK – BEHAVIORS

TIME

SPACE

PERSON

PROPERTY

PAPERS

YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING.

YOU MAY PRINT AND COPY AND USE THIS HANDOUT FOR YOUR PERSONAL OR PROFESSIONAL USE AS IS AS FREELY AS YOU WISH.

R&M SEMINARS

TA-TUTOR.COM • R&M SEMINARS • RELATIONSHIP & MANAGEMENT • LEWIS QUINBY LCSW • 1671 MYRTLE AVE • EUREKA CA 95501 • (707) 443-3637