



A HANDFUL OF BOUNDARIES

THE WORKSHEET

OK – BEHAVIORS

NOT 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



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.