

Name: _____ Date: _____

Personal Boundaries

Write the correct type of boundaries from each description.

Material boundaries	Physical boundaries
Time boundaries	Sexual boundaries
Emotional boundaries	Intellectual boundaries

Refer to a person's feelings. Include limitations on when to share, and when not to share, personal information.

Refer to how a person uses their time. A person must set aside enough time for each facet of their life such as work, relationships, and hobbies.

Refer to money and possessions. Involve setting limits on what you will share, and with whom. For example, it may be appropriate to lend a car to a family member, but probably not to someone you met this morning.

Refer to the emotional, intellectual, and physical aspects of sexuality. Involve mutual understanding and respect of limitations and desires between sexual partners.

Refer to personal space and physical touch. Include an awareness of what's appropriate, and what's not, in various settings and types of relationships (hug, shake hands, or kiss?).

Refer to thoughts and ideas. Include respect for others' ideas, and an awareness of appropriate discussion (should we talk about the weather, or politics?).