

Boundaries Activity

Use this activity to help with setting boundaries and identifying house rules every guest must abide by when in your home.

Think of 5 people you have seen or talked to in the past few days. This could be a combination of family members, friends, acquaintances, neighbours, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

Using the chart below, decide if you would let each person do whatever the scenario may be. Indicate “yes” or “no” (or Y/N) in each corresponding space.

Your answers may be different for different people, just like how boundaries vary with people in your life.

	Person 1	Person 2	Person 3	Person 4	Person 5
Leave 5 garbage bags worth of their clothes and stuff in your house					
Invite another guest into your house					
Go into your wallet to get change for laundry					
Take food out of your fridge or cupboard without asking					
Use drugs in your house					
Give your cell # to an acquaintance who asked for it					



Setting House Rules

Using the boundaries you set out on the previous page as a guide, come up with some of your own examples of things you would not want certain people to do in your home. List them below.

Now that you have figured out which boundaries you have in your life, come up with some **House Rules** that every guest must abide by when they are in your home. You can keep these private or post them up in your house.