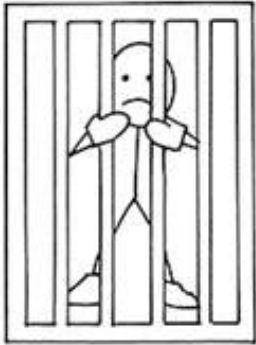
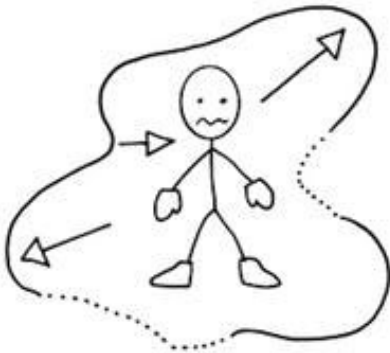


Types of Boundaries



constricting

Lots of rules and regulations, often backed up with severe punishments, little room to explore, do-as-you're-told – like a dictatorship



Inconsistent

Often a mixture of constricting and absent – strict one day and indulgent or neglectful the next



Absent

No limits, anything goes, neglectful or indulgent – like anarchy



clear, consistent

Safe, fair limits with clear expectations, stability with plenty of room to explore and grow – like a democracy