

Limit-Setting & Boundaries: Multiple Choice Worksheet

For each item below, circle or check the answer that most closely matches your typical approach.

1. When my child pushes a boundary (ignores a rule):

- ☐ I usually let it go.
- ☐ I give a warning but often don't follow through.
- ☐ I consistently enforce the consequence.
- ☐ It depends on my mood/energy.

2. When setting a new rule or boundary, I:

- ☐ Explain the reason and expectations.
- ☐ Just state the rule without discussion.
- ☐ Hope they figure it out on their own.
- ☐ Rarely state rules explicitly.

3. If my child becomes upset about a limit:

- ☐ I remove the limit to avoid conflict.
- ☐ I keep the limit but try to soothe them.
- ☐ I stick to the limit and expect them to accept it.
- ☐ I get upset and react emotionally.

4. Consistency in our household boundaries is:

- ☐ Very consistent.
- ☐ Mostly consistent.
- ☐ Sometimes consistent.
- ☐ Rare and unpredictable.

5. Most consequences in our home are:

- ☐ Natural consequences (results of their choice).
- ☐ Logical consequences (related to behavior).
- ☐ Unrelated punishments.
- ☐ No consequences typically enforced.

6. When two caregivers handle limits differently, we:

- ☐ Discuss it and agree on a plan.
- ☐ Handle it privately after disagreements.
- ☐ Correct each other in front of the child.
- ☐ Avoid talking about it.

7. My child's response to boundaries is usually:

- ☐ Respectful and compliant.
- ☐ Alternates between accepting and resisting.
- ☐ Frequently resistant.
- ☐ Chaotic – boundaries don't seem to exist.

8. Boundaries in our home feel:

- ☐ Clear and predictable.
- ☐ Mostly clear but flexible.
- ☐ Inconsistently applied.
- ☐ Confusing or unspoken.

Reflection: Which answers surprised you?

Which areas feel strong, and which may need consistency or clarity?
