

## Healthy Boundaries Rubric

Unhealthy/Rigid Boundaries	Porous Boundaries	Healthy Boundaries
Is untrue or without reasoning behind it.	Is truthful, but does not provide the whole truth.	Is honest, complete, and takes into account the impact on others.
Does not share personal information.	Overshares personal information.	Shares personal information in an appropriate way.
Does not take others into consideration.	Is overly concerned on the opinions of others.	Values own opinions and the opinions of others.
The expectations are unreasonable or not achievable.	The expiations are either unreasonable or not achievable by both parties.	The expiations are reasonable and achievable by both parties.
May seem detached from what you're trying to accomplish.	Leaves open the potential for abuse or disrespect.	Personal wants and needs are communicated clearly.
Is unwilling to try to avoid possible rejection.	Fears rejection if unwilling to comply with others' requests.	Can accept when others say "no."
Avoids involving others and developing relationships.	Involves others on a superficial level but not in a meaningful way.	Will help to build better, long-lasting relationships.