

Family Rules Definition Exercise

Use this work sheet to begin your exploration of your potential family rules. Try to phrase your rules in the positive, rather than in the negative. "Eat only in the kitchen" means the same thing as "No eating in any room with a rug," but it tends to be more effective.

Household responsibility and participation.

Rules?:

Mealtimes.

Rules?:

Snacking.

Rules?:

Other food concerns.

Rules?:

Privacy.

Rules?:

Language.

Rules?:

TV and video games.

Rules?:

Homework.

Rules?:

Other school issues.

Rules?:

Indoor physical activity.

Rules?:

Extracurricular activities.

Rules?:

Sibling behavior.

Rules?:

Forbidden activities.

Rules?:

Telephone

Rules?:

Computer and Internet use.

Rules?:

Reading.

Rules?:

Pets and pet care.

Rules?:

Allowance.

Rules?:

Earnings.

Rules?:

Savings.

Rules?:

Family functions.

Rules?:

Guests.

Rules?:

Permissions.

Rules?:

Modesty.

Rules?:

Car.

Rules?:

Smoking.

Rules?:

Drinking and other drugs.

Rules?:

Curfew.

Rules?:

Dating.

Rules?:

Sexual activity.

Rules?:

Religion and religious practices.

Rules?:
