

Boundaries



BOUNDARIES:

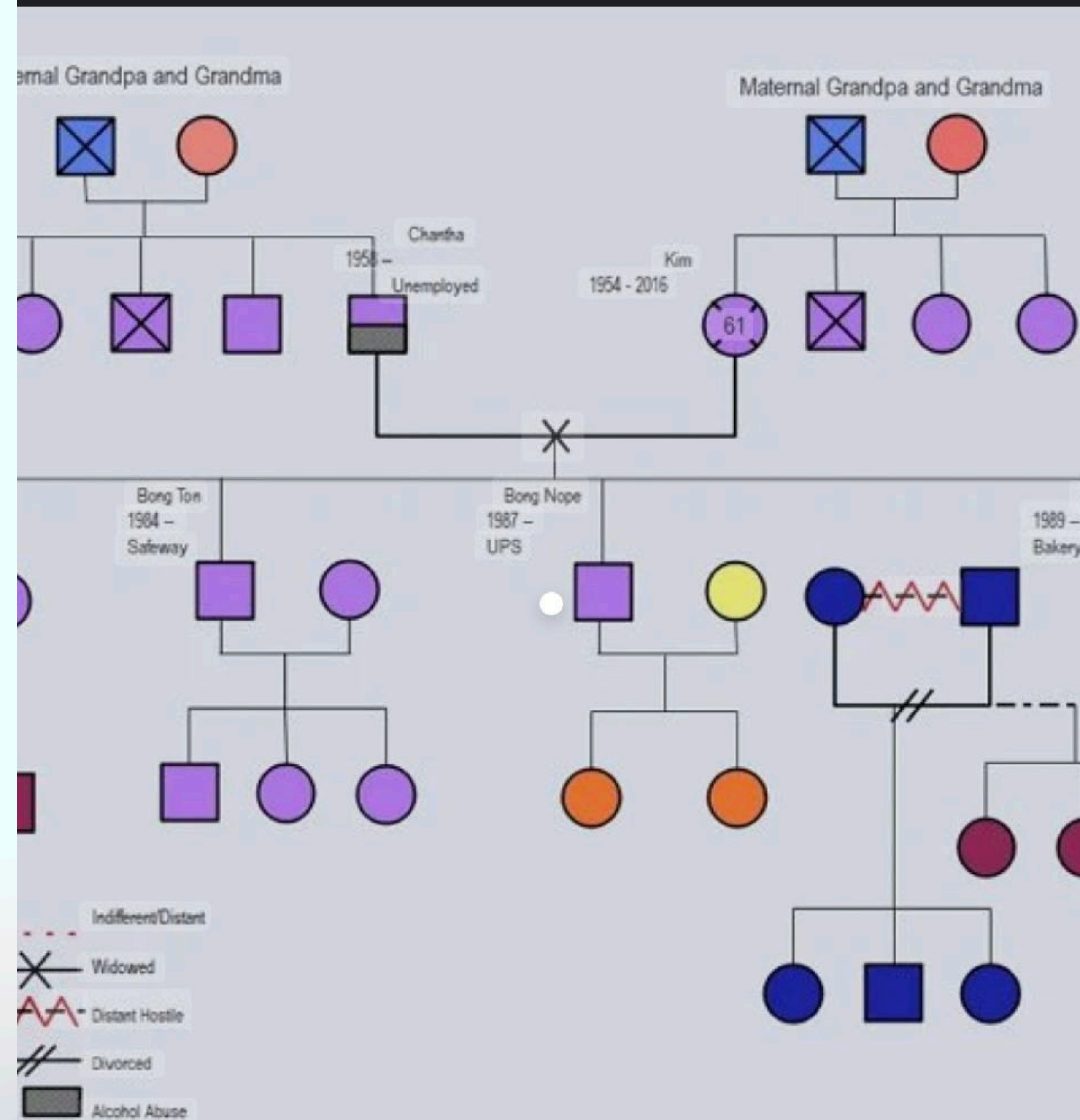
Define where “I” end and others begin.

Who am “I”

We must understand “I” to set our boundaries.

- Look at your family of origin and your past experiences
- What are your core values?
- What are your strengths and gifts?

“The past is your ally
in repairing your
present and
ensuring a better
future.”



What are your
core values?

What do you assign
importance to.



List 3-5
strengths



So what am I responsible for?

Behavior:

- We are only in charge of ourselves, we can not control others!
- We are responsible for our choices regardless of others actions.
- Behavior has consequences, without consequences we cannot learn to operate within our authentic self.

So what am I responsible for?

Responsibility:

- Where my responsibility ends and others begins.
- Attitude= our orientation towards God, others, life, work, and relationships
- Beliefs= anything we accept as true

So what am I responsible for?

Protection:

- Understanding your emotional and physical “bubble”.
- Limits on our exposure to others when they are not accepting of our boundaries
- Feelings: accept and process them
 - Feelings have a purpose, they are trying to tell you something.

So what am I responsible for?

Containment:

- Understanding of self, and not expecting others to manage self for you
- Caring for our internal structures: space for feelings, impulses and desires without having to act on them.

So what am I responsible for?

Thoughts:

- What we take in and how we allow it to effect us.
- Take captive the lies/negative thoughts and replace them with truth from God.

Types of Resistance

Outside resistance

- Anger from other- this is their responsibility, NOT yours
 - If they accept your “yes”, they must also respect your “no”.
- Guilt- you can empathize with others, but their distress is their responsibility, NOT yours
- Pain of others- you are no longer filling a need they are not willing to be responsible for themselves
- Real needs are real, but it may not be for you to fill them.
- Counter moves- maneuvering to another tactic to get what they want
 - What do you gain by not having boundaries? Are you willing to risk that loss?

Types of Resistance

Outside resistance

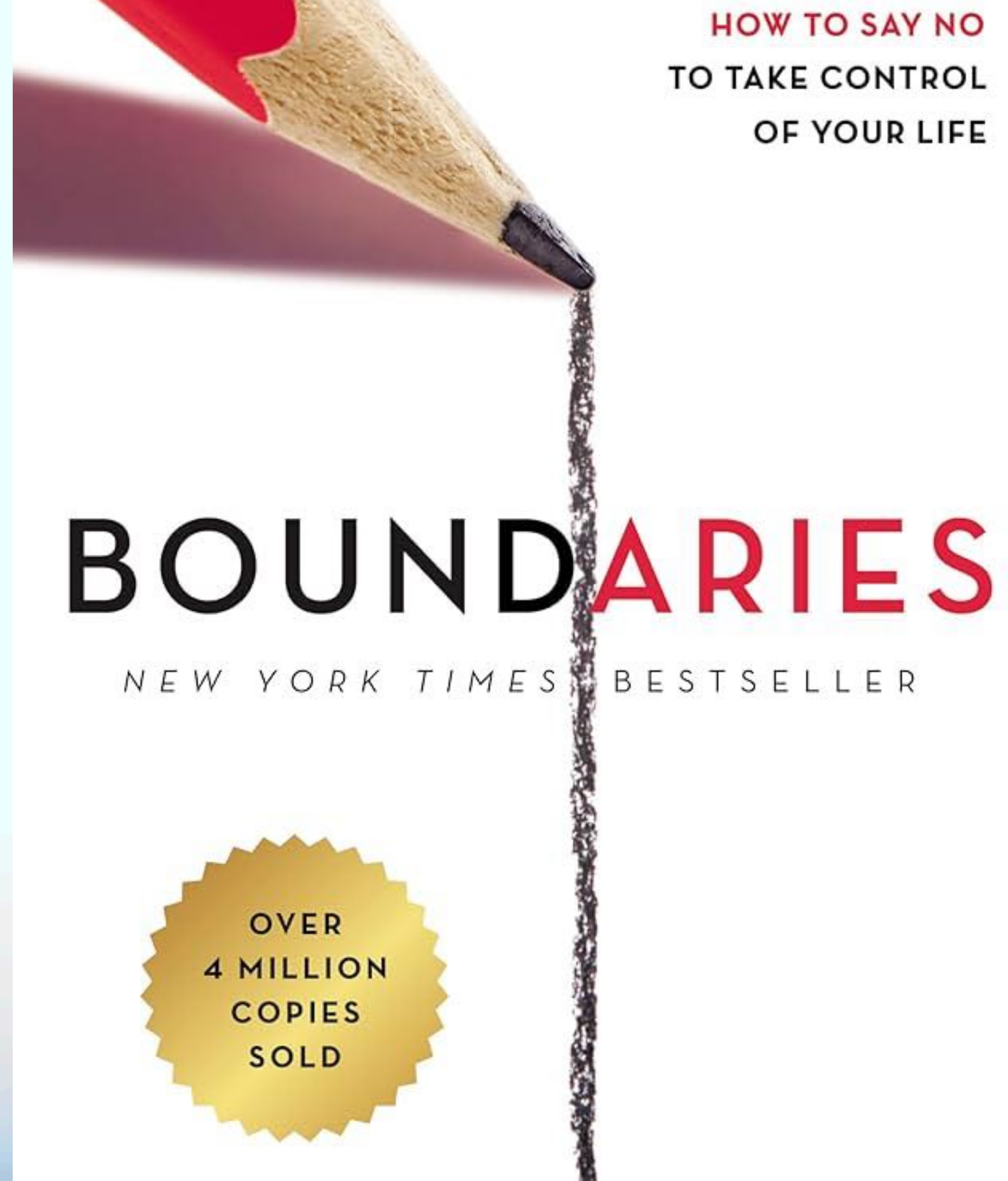
- Forgiveness= involves only one person: letting go of something that someone “owes” you. Yes! It is hard.
- Acknowledging that you will never get from that person what was owed. This involves grieving for what will never be: the past will not be different.
- Reconciliation = involves two people: the other person must own their part.
- Forgiveness has to do with the past, Reconciliation and boundaries have to do with the future.

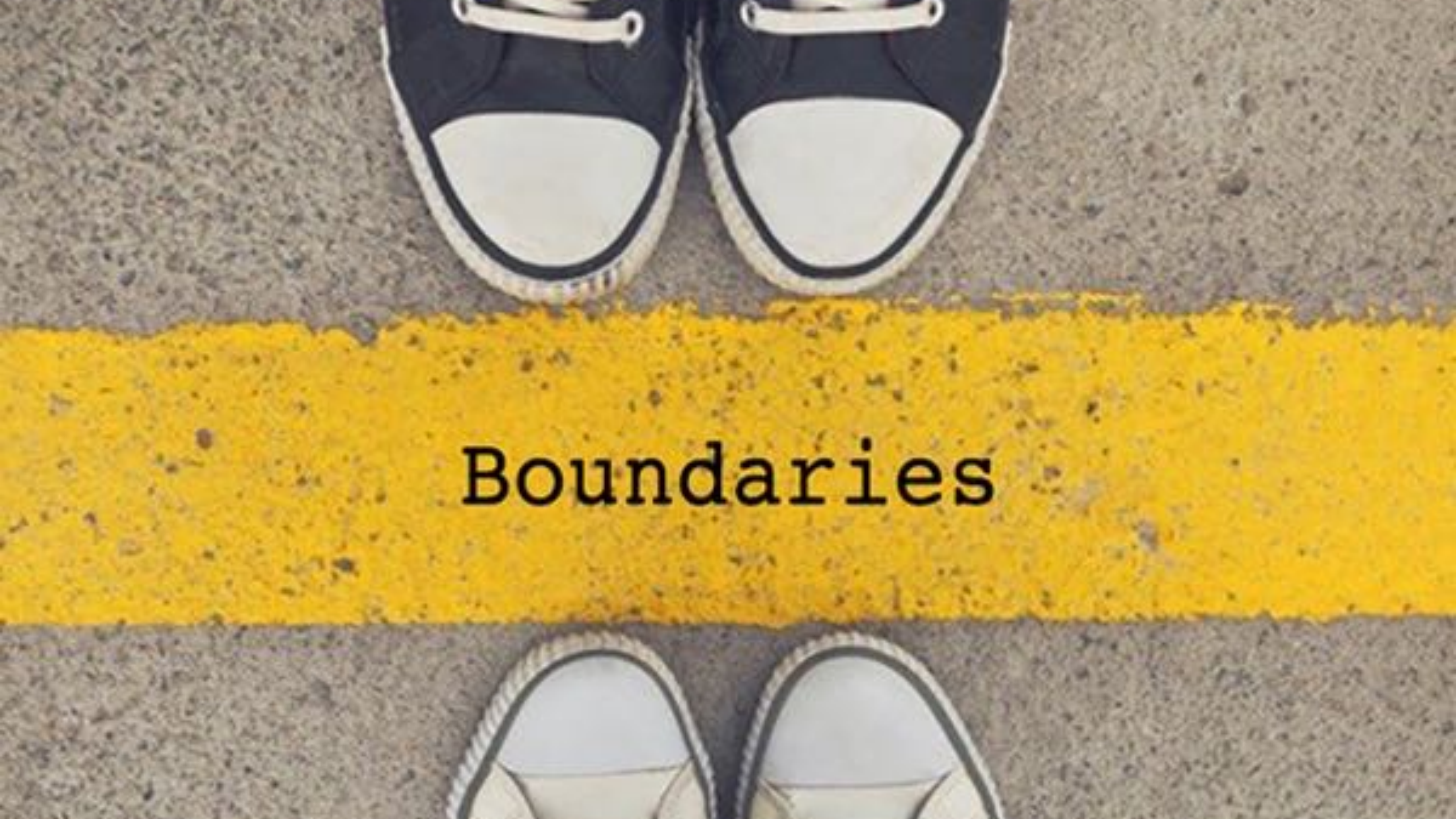
Types of Resistance

Internal

- Fear of others responses, new behavior creates new responses
- Fear of unknown, we get comfortable is dysfunction
- Unforgiveness
- Guilt
- Need for connection: we are designed for relationship.
- Codependency = merged with another and unable to release

When we are
afraid to say no,
our yes is
compromised!





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