

**ROB GRELLMAN, PSY.D.**

3880 S. Bascom Ave. Suite 101, San Jose, Ca. 95124  
VoiceMail (408) 486-6711 - Google Voice & Text (408) 320-8568 - [drrobg@comcast.net](mailto:drrobg@comcast.net)

## **BOUNDARIES**

### **When to Say YES / When to Say NO / To Take Control of Your Life**

Dr. Henry Cloud & Dr. John Townsend

\*\*\*

( NOTE: The body of this material you are about to read is a compilation of notes from the book, Boundaries, and from the Boundaries DVD Series )

\*\*\*

### **PART I – WHAT ARE BOUNDARIES?**

#### **DVD - Session 1 – What is a Boundary?**

##### **1 – A Day in a Boundaryless Life - 13**

*Story of Sherry* (1:01 ff)

Matthew 5:3-6 (6:34) "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

[4] Blessed are those who mourn, for they will be comforted.

[5] Blessed are the meek, for they will inherit the earth.

[6] Blessed are those who hunger and thirst for righteousness, for they will be filled.

*What's The Problem?* - 24

*Idea Of What Is Not Working:* (7:35) - 24, 25

*Trying Harder*

*Being Nicer Out Of Fear, And*

*Taking Responsibility For Others Doesn't Make Our Lives Work Better.*

- Any confusion of responsibility and ownership in our lives is a problem of *boundaries*. Just as homeowner set a physical property lines around their land, we need to set mental, physical, emotional, and spiritual boundaries for our lives to help us distinguish what is our responsibility and what isn't. 25

##### **2 – What Does a Boundary Look Like? - 27**

## ***Invisible Property Lines and Responsibility - 29***

### ***Boundaries Are A “Property Line.”***

*Their Purpose Is To Help Us Know What We Are Responsible For And What We Are Not Responsible For. (8:29)*

- Define who are and not, responsible for and not, so we can be free and love better
- 9:37 - Story of family coming in problem w/ their son
- Co-dependent (sign of) – problem is never in the room, it’s out there somewhere
- “I can help you to help him have some problems”
- “He’s causing all the problems to fall in your yard”
- (14:15) – Pro 4:23 Above all else, guard your heart, for it is the wellspring of life.

### ***Me and Not Me – 29***

- Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and some else begins, leading me to a sense of ownership. 29
- Knowing what I am to own and take responsibility for gives me freedom. If I know where my yard begins and ends, I am free to do with it what I like. Taking responsibility for my life opens up many different options. However, if I do not “own” my life, my choices and options become very limited. 29
- “The heart knows it’s own bitterness, and no one else shares its joy” (Pro 14:10). We have to deal with what is in our soul, and boundaries help us to define what that is. 30
- We are not responsible for other people. No where are we commanded to have “other-control,” although we spend a lot of time and energy trying to get it! 30

### ***To and For – 30***

- We are responsible *to* others and *for* ourselves. “Carry each other’s burdens and in this way you will fulfill the law of Christ” (Gal 6:2) exemplifying *to* others. 30
- Denying ourselves to do for others what they cannot do for themselves is showing the sacrificial love of Christ. This is what Christ did for us. He did what we could not do for ourselves; He saved us. This is being responsible “to.” 30
- “Each one should carry his own load” (Gal 6:5). We have to take ownership of certain aspects of life that are our own load. 30
- Problems arise when people act as if their boulders our daily loads, and refuse help, or as if their daily loads are boulders they should not have to carry. The results of these two instances are neither perpetual pain for irresponsibility. 31

### ***The Functions of a Boundary are to: (15:35) th Keep Good In and Bad Out, (15:35) - 31***

- Boundaries help us to distinguish our property so that we can take care of it. They help us to “guard our heart with all diligence.” We need to keep things that

- will nurture us inside our fences and keep things that will harm us outside. In short, boundaries help us keep the good in and the bad out. 31
- Fences need gates in them; boundaries are not walls. If I find that I have some pain or sin within, I need to open up and communicate it to God and others, so that I can be healed. Confessing pain and sin helps to “get it out” so that it does not continue to poison me on the inside (1 Jn 1:9; Js 5:16; Mk 7:21-23). 31

***Act as an:***

- Alarm System,*** (17:13)
- Help Us to Withdraw, and*** (17:40)
- Protect Our Freedom.*** (18:20)

***God and Boundaries - 32***

***Examples of boundaries include: - 33***

- Skin / Body*** (19:40) - 33
- Words / Truth*** (22:08) – 34, 35
- Proverbs 6 (6 things God hates) (24:00 “gravity”)

- The most basic boundary setting word is “no.” It lets others know that you exist apart from them and that you are in control of you. Being clear about your no – and your yes – a theme that runs through the Bible (Mt 5:37; Js 5:12). 34
- Many passages of scripture urge us to say “no” to others’ sinful treatment of us (Mt 18:15-20). 34
- If you cannot say no to this external or internal pressure, you have lost control of your property and are not enjoying the fruit of self-control. 34
- When He says that “you will reap what you sow” (Gal 6:7), you either define yourself in relation to that reality, or continue to get injured if you try to go against it. To be in touch with God’s truth is to be in touch with reality, and to live in accord with that reality makes for a better life (Ps 119:2, 45). 35
- There is always safety in the truth, whether it be knowing God’s truth or knowing the truth about yourself. 35

- Geographical Distance,*** (25:00) - 35
- 25:20 – \*\* Mat 18:15-17 – confront someone, may need to separate in abusive relationship

- Matthew 18:15-17 “If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. [16] But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' [17] If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector.
- “The prudent man sees evil and hides self” (Pro 22:3). Sometimes physically removing yourself from a situation will help maintain boundaries. 35

***Time***, work & recreation can be cancerous (26:10) - 36  
***Emotional Distance, and*** (26:44) – 36

- Emotional distance is a temporary boundary to give your heart the space it needs to be safe; it is never a permanent way of living. 36
- Many people are too quick to trust someone in the name of forgiveness and not make sure that the other is producing fruit in keeping with repentance (Luke 3:8). To continue to open yourself up emotionally to an abusive or addicted person without seeing true change is foolish. Forgive, then guard your heart until you see sustained change. 36, 37

***Other People*** (27:50) – 37

- You need to depend on others to help you set and keep boundaries. 37
- There are two reasons why you need others to help you with boundaries. The first is that your most basic need in life is for relationship. 37
- The other reason we need others is because we need new input and teaching. 37
- Creating boundaries always involves a support network. 37

***Consequences*** – 38

- Just as the bible sets consequences for certain behaviors, we need to back up our boundaries with consequences. 38
- 2 Thes 3:10 states that if anyone will not work, don't let them eat. God does not enable irresponsible behavior. Hunger is a consequence of laziness (Pro 16:26). 38
- Consequences give some good “barbs” to fences. They let people know the seriousness of the trespass and the seriousness of our respect for ourselves. 38

***What's Within My Boundaries?*** - 38

***The Three Treasures*** (referred to as **FAB**):

**Feelings** (31:22) do I own my feelings or do I let others own my feelings; “you made me feel...” - you can't make someone feel anything – 40

- The good Samaritan's pity moved him to go to the injured Israelite (Lk 10:33). The father was filled with compassion for his lost son and threw his arms around him (Lk 15:20). Many times Jesus had compassion for the people to whom he ministered (Mt 9:36; 15:32). 40

**Attitudes** (including convictions, beliefs, doctrine, and reality), and (33:09) – 40

- Attitudes have to do with your orientation for something, the stance you take toward others, God, life, work, and relationships. Beliefs are anything that you

- accept his true. Often we do not see an attitude, or belief, as the source of discomfort in our life. We blame other people as did our first parents, Adam and Eve. We need to own our attitudes and convictions because they fall within our property line. We are the ones who feel their effect, and the only ones who can change them. 40, 41
- Proverbs repeatedly says that setting limits and accepting responsibility will save lives (Pro 13:18, 24). 41

### ***Behavior*** (34:25) – 41

- Behaviors have consequences. As Paul says, “A man reaps what he sows” Gal 6:7-8. 41
- The problem comes when someone interrupts the law of sowing and reaping in another’s live. A person’s drinking or abuse should have consequences for the drinker or the abuser. “Stern discipline awaits him who leaves the path” (Prv 15:10). To rescue people from the natural consequences of their behavior is to render them powerless. 41

### ***Choices*** – 42

- We need to take responsibility for our choices. This leads to the fruit of self-control (Gal 5:23). The common boundary problem is disowning our choices and trying to lay the responsibility for them on someone else. Think for a moment how often we use the phrase, “I had to” or “he or she made me” when explaining why we did or did not do something. These phrases betray our basic illusion that we are not active agents in many of our dealings. We think someone else is in control, thus relieving us of our basic responsibility. 42
- We need to realize that we are in control of our choices, no matter how we feel. This keeps us from making choices to give “give reluctantly or under compulsion” (2 Cor 9:7). Joshua said the same thing in the famous choice verse – “But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve” (Josh 24:15). 42
- Throughout the scriptures, people are reminded of their choices to take responsibility for them. But Paul says, if we choose to live by the spirit, we will live; if we choose to follow our sinful nature, we will die” (Rom 8:13). Making decisions based on other’s approval or on guilt breeds resentment, the product of our sinful nature. 42

### ***Values*** – 43

- What we value is what we love and assign importance to. 43
- We think that power, riches, and pleasure will satisfy our deepest longing, which is really for love. 43

### ***Limits*** – 43

- Two aspects of limits stand out when it comes to creating better boundaries. The first is setting limits on others. In reality, setting limits on others is a misnomer. We can't do that. What we can do is set limits on our own exposure to people who are behaving poorly; we can't change them or make them behave right. 43
- But God limits His exposure to evil, unrepented people, as we should too. Scripture is full of the admonitions to separate ourselves from people who act in destructive ways (Mt 18:15-17; 1 Cor 5:9-13). We're not being unloving. Separating ourselves protects love, because we're taking a stand against the things that destroy love. 43, 44
- The other aspect of limits that is helpful when talking about boundaries is setting our own internal limits. We need to have spaces inside ourselves where we can have a feeling, and impulse, or desire, without acting it out. We need self-control without repression. 44

### ***Talents*** – 44

- The parable of the talents is that we are accountable - not to mention much happier - when we are exercising our gifts and being productive. It takes work, practice, learning, prayer, resources, and grace to overcome the fear of failure that the “wicked and lazy” servant gave in to. He was not chastised for being afraid; we are all afraid when trying something new and difficult. He was chastised for not confronting his fear and trying the best he could. Not confronting our fear denies the grace of God and insults both his giving of the gift in his grace to sustain us as we are learning. 44, 45

### ***Thoughts*** – 45

- Paul wrote that he was taking captive every thought to make it obedient to Christ (2 Cor 10:5). 45
- One - We must own our own thoughts. 45
- Two - We must grow in knowledge and expand our minds. One area in which we need to grow is in knowledge of God in His Word. 45
- Three - We must clarify distorted thinking. 46
- Paul says “for who among men knows the thoughts of a man except man's spirit within him (1 Cor 2:11). 46

### ***Desires*** – 46

- Our desires lie within our boundaries. Each of us has different desires and wants, dreams and wishes, and goals and plans, hungers and thirst. We all want to satisfy “me.” 46
- “You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend when you get on your pleasures” (Js 4:2-3). 46

- We often do not actively seek our desires from God, and those desires are mixed up with things that we do not really need. 47
- “Delight yourself and the Lord and he will give you the desires of your heart” (Ps 37:4). 47
- “He fulfills the desires of those who fear Him” (Ps 145:19). 47
- To know what to ask for, we have to be in touch with who we really are and what are our motives. If we are wanting something to feed our pride or enhance our ego, God is not likely to give it to us. 47
- We are commanded to play an active role in seeking our desires (Phil 2:12-13; Ecc 11:9; Mt 7:7-11). 47
- “A desire accomplished is sweet to the soul” (Pro 13:19). 47

### **Love – 47**

- Our ability to give in response to love is our greatest gift. 47
  - Many people have difficulty giving and receiving love because of anger and fear. The bible is clear about both functions of the heart: the receiving of grace and love inward and the flow outward. 47
  - “Love the Lord your God with all your heart and with all your soul and with all your mind... Love your neighbor as yourself” (Mt 22:37). 47
  - Our loving heart, like your physical one, needs an inflow as well as an outflow of lifeblood. 48
- 
- 2 Cor. 5:10 For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad. (35:20)
  - Proverbs 6:16-19 There are six things the Lord hates, seven that are detestable to him: [17] haughty eyes, a lying tongue, hands that shed innocent blood, [18] a heart that devises wicked schemes, feet that are quick to rush into evil, [19] a false witness who pours out lies and a man who stirs up dissension among brothers.
  - Matthew 18:15-17 "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. [16] But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' [17] If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector.
  - Proverbs 22:3 A prudent man sees danger and takes refuge, but the simple keep going and suffer for it.
  - Eccles. 4:9-12 Two are better than one, because they have a good return for their work: [10] If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! [11] Also, if two lie down together, they will keep warm. But how can one keep warm alone? [12] Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.
  - Matthew 6:21 For where your treasure is, there your heart will be also.

- Matthew 13:45-46 "Again, the kingdom of heaven is like a merchant looking for fine pearls. [46] When he found one of great value, he went away and sold everything he had and bought it.

### **3 - Boundary Problems - 49**

#### ***Compliants: Saying "Yes" To The Bad - 49***

- Compliant people have fuzzy and indistinct boundaries; they melt into the demands and needs of other people. They can't stand alone, distinct from people who want something from them. Compliants, for example, pretend to like the same restaurants and movies their friends do just to get along. They minimize their differences with others so as not to rock the boat. Compliants are chemellions. After awhile it's hard to distinguish them from their environment. 50
- This type of boundary problem paralyzes people's "no" muscles. Whenever they need to protect themselves by saying no, the word catches in their throats. This happens for a number of reasons: fear of hurting the other person's feelings, fear of abandonment and separateness, they wish to be totally dependent on another, fear of someone else's anger, fear of punishment, fear of being shamed, fear of being seen as bad or selfish, fear of being unspiritual, fear of one's over strict critical conscious. 51
- This last fear is actually experienced as guilt. People who have a over strict, critical conscious will condemn themselves for things God Himself doesn't condemn them for. As Paul says, "since their consciences is weak, it is defiled" (1 Cor 8:7). Afraid to confront their unbiblical and critical parent they tighten appropriate boundaries. 51

#### ***Avoidance: Saying "No" To The Good - 52***

- Avoidance: saying no to the good. It's the inability to ask for help, to recognize one's own needs, to let others in. Avoidants withdraw when they are in need; they do not ask for the support of others. 52
- Why is avoidance a boundary problem? At the heart of the struggle is a confusion of boundaries as walls. Boundaries are supposed to be able to "breathe," to be like fences with a gate that can let the good in the bad out. Individuals with walls of boundaries can let in neither bad nor good. No one touches them. 52
- Complainers's avoidance suffer from what is called "reversed boundaries." They have no boundaries where they need them, and they have boundaries where they shouldn't have them. 53

#### ***Controllers: Not Respecting Other's Boundaries - 53***

- Controllers can't respect other-s limits. They resist taking responsibility for their lives, so they need to control others. 54



- The primary problem of individuals who can't hear no- which is different from not being able to say no - is that they tend to project responsibility for their lives into others. They use various means of control to manipulate others to carry the load intended by God to be theirs alone. 54
- Controllers come in two types:
  1. Aggressive Controllers. These people clearly don't listen to others boundaries. They run over other peoples fences like a tank. They are sometimes verbally abusive, sometimes physically abusive. 54
  2. Manipulative Controllers. Less honest than the aggressive controllers, manipulators try to persuade people out of their boundaries. They talk others into yes. They indirectly manipulate circumstances to get their way. They seduce others into carrying their burdens. They use guilt messages. 55

### ***Boundary Injuries - 56***

### ***Nonresponsives: Not Hearing The Needs Of Others - 57***

- Termed “nonresponsive” because of their lack of attention to the responsibilities of love, these individuals exhibit the opposite of the pattern exhorted in Pro 3:27 “Do not withhold good from those who it is due, when it is in your power to do it” (that last phrase, “in your power,” has to do with our resources and availability). 58
- Nonresponsives fall into one of two groups:
  1. Those with a critical spirit toward other's needs (a projection of our own hatred of our needs unto others, a problem Jesus addressed in Matthew 7:1-5). 58
  2. Those who are so absorbed in their own desires and needs they exclude others (a form of narcissism). 58

### ***Controllers and Nonresponsive's - 59***

- Controlling nonresponsive's have a hard time looking past themselves. They see others as responsible for their struggles and are on the lookout for someone to take care of them. 59

### ***Functional And Relational Boundary Issues - 59***

- Functional boundaries refers to a person's ability to complete a task, project, or job. It has to do with performance, discipline, initiative, and planning. Relational boundaries refers to the ability to speak truth to others with whom we are in relationship. 59, 60

## **4 - How Boundaries Are Developed - 61**

- Boundary Development - 62
- Bonding: The Foundation Of Bond Building - 63

- Separation And Individuation: The Construction Of A Soul - 65
- Hatching: “Mommy And Me Aren’t The Same” - 67
- Practicing: “I Can Do Anything!” - 68
- Rapprochement: “I Can’t Do Everything” - 70
- Boundary Injuries: What Goes Wrong? - 74
- Withdrawal From Boundaries - 74
- Hostility Against Boundaries - 76
- Overcontrol - 78
- Lack Of Limits - 78
- Inconsistent Limits - 80
- Trauma - 80
- Our Own Character Traits - 82
- Our Own Sinfulness - 82

## DVD - Session 2 – Problems and Symptoms

### *Clinical Symptoms include:*

- **Depression**, (2:20) reflect loss
- **Resentment**, (3:30) can resent loss of freedom
- **Rage or Anger**, (5:10)
- **Obsessive and Compulsive Behaviors** (7:10)
- Problem is not the problem – problem is w/ the fruit from the tree
- Matthew 7:16-19 By their fruit you will recognize them. Do people pick grapes from thorn bushes, or figs from thistles? [17] Likewise every good tree bears good fruit, but a bad tree bears bad fruit. [18] A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. [19] Every tree that does not bear good fruit is cut down and thrown into the fire.
- Matthew 16:6 "Be careful," Jesus said to them. "Be on your guard against the yeast of the Pharisees and Sadducees."
- Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they will be filled.
- Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.
- Proverbs 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.
- Proverbs 25:28 Like a city whose walls are broken down is a man who lacks self-control.

### *Relational symptoms stem from a sense of :*

- **Loss of Freedom** (11:50)
- **Direct Controller** – (12:35) Boundary Hater / Violator & Boundary Victim
- **Manipulative Relationship** (15:00)
- Lying tongue conceals wrath (16:30)
- and **Loss of Love**. (16:40)
- 1 John (17:34)

- Do I lose freedom, loss of choice, to have a different opinion / perspective, to move different direction, can't love and receive love
- Matthew 14:13 When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns.
- Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.
- 1 John 4:18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

***Functional Symptoms Include:***

- ***Inability to Complete a Goal or Task***, (20:35)
- Eph 2:10 Rom 12:2 (22:15)
- ***Extreme Disorganization***, (24:40)
- ***Low Energy Level***, (26:20)
- 2 Cor 9:7 (27:35)
- and ***Problems of Concentration***. (28:00)
- Genesis 1:27 So God created man in his own image, in the image of God created he him; male and female created he them.
- Exodus 18:1-27 Now Jethro, the priest of Midian and father-in-law of Moses, heard of everything God had done for Moses and for his people Israel, and how the Lord had brought Israel out of Egypt. After Moses had sent away his wife Zipporah, his father-in-law Jethro received her [3] and her two sons. One son was named Gershom, for Moses said, "I have become an alien in a foreign land"; [4] and the other was named Eliezer, for he said, "My father's God was my helper; he saved me from the sword of Pharaoh." [5] Jethro, Moses' father-in-law, together with Moses' sons and wife, came to him in the desert, where he was camped near the mountain of God. [6] Jethro had sent word to him, "I, your father-in-law Jethro, am coming to you with your wife and her two sons." [7] So Moses went out to meet his father-in-law and bowed down and kissed him. They greeted each other and then went into the tent. [8] Moses told his father-in-law about everything the Lord had done to Pharaoh and the Egyptians for Israel's sake and about all the hardships they had met along the way and how the Lord had saved them. [9] Jethro was delighted to hear about all the good things the Lord had done for Israel in rescuing them from the hand of the Egyptians. [10] He said, "Praise be to the Lord, who rescued you from the hand of the Egyptians and of Pharaoh, and who rescued the people from the hand of the Egyptians. [11] Now I know that the Lord is greater than all other gods, for he did this to those who had treated Israel arrogantly." [12] Then Jethro, Moses' father-in-law, brought a burnt offering and other sacrifices to God, and Aaron came with all the elders of Israel to eat bread with Moses' father-in-law in the presence of God. [13] The next day Moses took his seat to serve as judge for the people, and they stood around him from morning till evening. [14] When his father-in-law saw all that Moses was doing for the people, he said, "What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?" [15] Moses answered him, "Because the people come to me to seek

God's will. [16] Whenever they have a dispute, it is brought to me, and I decide between the parties and inform them of God's decrees and laws." [17] Moses' father-in-law replied, "What you are doing is not good. [18] You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone. [19] Listen now to me and I will give you some advice, and may God be with you. You must be the people's representative before God and bring their disputes to him. [20] Teach them the decrees and laws, and show them the way to live and the duties they are to perform. [21] But select capable men from all the people--men who fear God, trustworthy men who hate dishonest gain--and appoint them as officials over thousands, hundreds, fifties and tens. [22] Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you. [23] If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied." [24] Moses listened to his father-in-law and did everything he said. [25] He chose capable men from all Israel and made them leaders of the people, officials over thousands, hundreds, fifties and tens. [26] They served as judges for the people at all times. The difficult cases they brought to Moses, but the simple ones they decided themselves. [27] Then Moses sent his father-in-law on his way, and Jethro returned to his own country.

- Romans 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.
- Romans 12:4-8 Just as each of us has one body with many members, and these members do not all have the same function, [5] so in Christ we who are many form one body, and each member belongs to all the others. [6] We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. [7] If it is serving, let him serve; if it is teaching, let him teach; [8] if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.
- Eph. 2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.
- Philip. 2:12-13 Therefore, my dear friends, as you have always obeyed--not only in my presence, but now much more in my absence--continue to work out your salvation with fear and trembling, [13] for it is God who works in you to will and to act according to his good purpose.
- 2 Cor. 9:7 Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.
- 1 John 5:1-3 Everyone who believes that Jesus is the Christ is born of God, and everyone who loves the father loves his child as well. [2] This is how we know that we love the children of God: by loving God and carrying out his commands. [3] This is love for God: to obey his commands. And his commands are not burdensome,

## DVD - Session 3 – Laws of Boundaries, Part 1

### 5 – The Laws of Boundaries - 83

***Law 1 – The Law Of Sowing And Reaping: We Are Personally Responsible For Our Own Actions And The Consequences Of Those Actions.*** (1:06) - 84

Book:

- The law of cause and effect is a basic law of life. The Bible calls it the law of sowing and reaping, “You reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you so to the spirit, you will reap eternal life from God” (Gal 6:7-8). 84
- When God tells us that we will reap what we sow, he is not punishing us; He’s telling us how things really are. 84
- Sometimes, however, people don’t reap what they sow, because someone else steps in and reaps the consequences for them. 85
- Rescuing a person from natural plant consequences of his behavior enables him to continue in irresponsible behavior. 85
- Today we call a person who continually rescues another person a codependent. In effect, codependent, boundaryless people “co-sign the note” of life for the irresponsible person. Then they end up paying the bills - physically, emotionally, spiritually - and the spendthrift continues out of control with no consequences. 85
- Boundaries force the person who is doing the sewing to also do the reaping. 85
- Confronting an irresponsible person is not painful to him: only consequences are. 85

***Law 2 – The Responsibility “For” And “To” Law:***

***We Are Responsible For Our Own Feelings, Actions, And Behaviors.  
When We Take Responsibility For Someone Else, We Keep Them In An Immature State.*** (7:50) - 86

DVD:

- Can I freely give w/out resentment or compulsion? – my time, thoughts, encouragement, money, love
- Is this something they should be doing for themselves?
- Is the Fruit of my Love Rescue or Maturity
- Genesis 1:26-30 Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, all the earth, and over all the creatures that move along the ground." [27] So God created man in his own image, in the image of God he created him; male and female he created them. [28] God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground." [29] Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. [30] And to all the beasts of the earth and all the birds of the air and all

- the creatures that move on the ground--everything that has the breath of life in it-- I give every green plant for food." And it was so.
- Psalm 90:10 The length of our days is seventy years--or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away.
  - Philip. 2:12-13 Therefore, my dear friends, as you have always obeyed--not only in my presence, but now much more in my absence--continue to work out your salvation with fear and trembling, [13] for it is God who works in you to will and to act according to his good purpose.
  - Galatians 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.
  - Galatians 6:5 for each one should carry his own load.
  - Luke 9:23 Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me.
  - 2 Cor. 12:7-8 To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. [8] Three times I pleaded with the Lord to take it away from me.

**Book:**

- The law of responsibility includes loving others. The commandment to love is the entire law for Christians (Gal 5:13-14). Jesus' commandment, "Love each other as I have loved you" (Jn 15:12). Anytime you are not loving others, you are not taking responsibility for yourself; you have to own your heart. 86
- Problems arise when boundaries of responsibility are confused. We are to *love* one another, not *be* one another. I can't feel your feelings for you, I can't think for you, I can't behave for you, I can't work through the disappointment that limits bring for you. In short, I can't grow for you, only you can. The biblical mandate for our own personal growth is "continue to work out your Salvation with fear and trembling, for it is God who works in you to will and to act according to His good purpose" (Phil 2:12-13). You are responsible for yourself. I am responsible for me. 86
- Another aspect of being responsible "to" is not only in the giving but in the setting of limits on another's destructive and irresponsible behavior. 87
- A strong strand throughout the Bible stresses that you are to give to needs and put limits on sin. Boundaries help you do just that. 87

***Law 3 – The Law Of Power And Powerlessness:***

***We Cannot Change Anybody Else, But We Can Change Ourselves With God's Help.*** (14:00) - 87

**DVD:**

- Agree W/ The Truth About My Condition, Called "Confession." (16:50)
- Submit My Inability To Change To God And To Others For Their Help, My Poverty Of Spirit. (17:15)
- Search And Ask God To Show Us How Bad It Really Is. (18:54)

- Turn From Evil When I Find It, Called “Repentance.” (21:06)
- Humble Myself And Ask God And Others To Help Me Meet My Needs. (22:14)
- Make Amends, Reconcile And Forgive. (23:31)
  
- Matthew 16:25 For whoever wants to save his life will lose it, but whoever loses his life for me will find it.
- Galatians 5:22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
- Psalm 51:17 The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.
- Philip. 2:6-11 Who, being in very nature God, did not consider equality with God something to be grasped, [7] but made himself nothing, taking the very nature of a servant, being made in human likeness. [8] And being found in appearance as a man, he humbled himself and became obedient to death--even death on a cross! [9] Therefore God exalted him to the highest place and gave him the name that is above every name, [10] that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, [11] and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.
- Psalm 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. [24] See if there is any offensive way in me, and lead me in the way everlasting.
- 1 Tim. 1:15 Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners--of whom I am the worst.
- James 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.
- Psalm 68:5-6 A father to the fatherless, a defender of widows, is God in his holy dwelling. [6] God sets the lonely in families, he leads forth the prisoners with singing; but the rebellious live in a sun-scorched land.
- Matthew 12:48 He replied to him, "Who is my mother, and who are my brothers?"
- Matthew 5:23-24 "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, [24] leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

Book:

- 1. You have power to agree with the truth about your problem. In the Bible this is called “confession.” To confess means to “agree with.” You have the ability to at least say “that is me.” 87
- 2. You have the power to submit your inability to God. You always have the power to ask for help and yield. You have the power to humble yourself and turn your life over to Him. 88

- 3. You have the power to search and ask God and others to reveal more and more about what is within your boundaries. 88
- 4. You have the power to turn from the evil that you find within you. This is called repentance. 88
- 5. You have the power to humble yourself and ask God and others to help you with your developmental injuries and leftover childhood needs. 88
- 5. You have the power to seek out those that you have injured and make amends. 88
- On the other side of the coin, your boundaries help define what you do not have power over: everything outside of them! 88
- Serenity Prayer: “God me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” 88
- One thing you can do is but there’s a trick. You cannot get them to change, you must change yourself so that their destructive patterns no longer work on you. Change your way of dealing with them; they may be motivated to change if their old ways no longer work. 89

***Law 4 – The Law Of Receiving Others’ Boundaries: (The Law of Respect)  
We Need To Learn To Hear Other People’s No. (24:16) - 89***

**DVD:**

- Grieve Our Wish To Control Other People. (28:16) When someone says “no” to me, are they bad or am I sad?
- As I Respect Boundaries I Will Become More Dependent On God And Others. (29:23)
- As I Embrace The Boundaries Of Others I Will Love More. (31:07)
- Matthew 7:3-5 "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? [4] How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? [5] You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.
- James 3:1-2 Not many of you should presume to be teachers, my brothers, because you know that we who teach will be judged more strictly. [2] We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.
- Matthew 7:12 So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.
- Matthew 19:16-22 Now a man came up to Jesus and asked, "Teacher, what good thing must I do to get eternal life?" [17] "Why do you ask me about what is good?" Jesus replied. "There is only One who is good. If you want to enter life, obey the commandments." [18] "Which ones?" the man inquired. Jesus replied, "Do not murder, do not commit adultery, do not steal, do not give false testimony, [19] honor your father and mother,' and 'love your neighbor as yourself.'" [20] "All these I have kept," the young man said. "What do I still lack?" [21] Jesus answered, "If you want to be perfect, go, sell your possessions and give to the



- poor, and you will have treasure in heaven. Then come, follow me." [22] When the young man heard this, he went away sad, because he had great wealth.
- 2 Peter 3:9-10 The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance. [10] But the day of the Lord will come like a thief. The heavens will disappear with a roar; the elements will be destroyed by fire, and the earth and everything in it will be laid bare.

**Book:**

- We fear that others will not respect our boundaries. We focus on others and lose clarity about ourselves. Sometimes the problem is that we judge others boundaries. 89
- This is where the law of respect comes in. As Jesus said, "so in everything, do to others what you would have them do to you" (Mt 7:12). 90
- "Where the spirit of the Lord is, there is freedom" (2 Cor 3:17). If we're going to judge it all, it needs to be by the "perfect law that gives freedom" (Js 1:25). 90
- Our real concern with others should not be "are they doing what I would do or what I want them to do?" but "are they really making a free choice?" When we accept other's freedom, we don't get angry, feel guilty, or withdraw our love when they set boundaries with us. When we accept others freedom, we feel better about our own. 90

***Law 5 – The Law of Motivation:***

***Boundaries help us gain control of our own lives and fulfill what we were created for – love.***

***When we have the proper motivation we experience freedom and responsibility.***  
(32:03) - 90

**DVD:**

- 2 Cor. 9:7 Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.
- Romans 12:19 Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.
- Isaiah 29:13 The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is made up only of rules taught by men.
- Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.
  
- False motives and fears that keep us from setting boundaries: 91
- 1. Fear of loss of love, or abandonment. 91
- 2. Fear of others anger. 91
- 3. Fear of loneliness. 92
- 4. Fear of losing the "good me" inside. 92
- 5. Guilt. 92
- 6. Payback. 92

- 7. Approval. 92
- 8. Overidentification with the others loss. 92
- The point is this: we were called into freedom, and this freedom results in gratitude, and overflowing heart, and love for others. To give bountifully has great reward. It is truly more blessed to give than to receive. If your giving is not leading to cheer, then you need to examine the law motivation. 92
- The law motivation says this: freedom first, service second. If you serve to get free of your fear, you are doomed to failure. Let God work on the fears, resolve them, and create some healthy boundaries to guard the freedom you were called to. 92

## DVD - Session 4 – Laws of Boundaries, Part 2

### ***Law 6 – The Law of Evaluating the Pain Caused by Your Boundaries: (Law of Evaluation)***

***There is a difference between hurt and harm.*** (00:36) (story of letting son go to jail for drugs)

#### DVD:

- Make A Distinction Between Hurting Someone And Harming Someone;
- (Hurt / Pain Does Not = Harm Or Injury; Pain Is A Teacher / Healer)
- When We Allow Someone To Experience Pain We Help Them See That The Hurt Is Due To Their Character Structure. (4:45)
- Expect Anger And Guilt Messages From Others. (6:12)
- As Others Stay With Me In My “No,” There’s More Love. (6:56)
- Hebrews 12:11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.
- Proverbs 15:5 A fool spurns his father's discipline, but whoever heeds correction shows prudence.
- Matthew 18:15-17 "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. [16] But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' [17] If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector.

#### Book:

- You need to evaluate the effects of setting boundaries and be responsible to the other person, but that does not mean you should avoid setting boundaries because someone responds with hurt or anger. 94
- We need to evaluate the pain caused by our making choices and empathize with it. 94
- We cause pain by making choices that others do not like, but we also cause pain by confronting people when they are wrong. But if we do not share our anger

with another, bitterness and hatred can set in. We need to be honest with one another about how we are hurt. “Speak truthfully to one another, for we were all members of one body” (Eph 4:25). 94

***Law 7 – The Law Of Proactive Versus Reactive Boundaries:***

***Proactive Means Freely Choosing To Love, Enjoy, And Serve One Another.***

***Reactive Means Lettering Someone Else Define And Direct Who We Are And What We Do. (7:50) - 95***

**DVD:**

- Am I free do something based on my motivation vs. someone else's?
- Proverbs 17:9 He who covers over an offense promotes love, but whoever repeats the matter separates close friends.

**Book:**

- Boundaries: beginning to be proactive, instead of reactive. This is where you are able to use the freedom you gain through reacting to love, enjoy, and serve one another. Proactive people show you what they love, what they want, what their purpose, and what they stand for. 96
- While reactive victims are primarily known by their “against” stances, proactive people do not demand rights - they live them. Power is not something you demand or deserve, it is something you express. The ultimate expression of power is love; it is the ability not to express power, but to restrain it. Proactive people are able to “love others as themselves.” They have mutual respect. They are able to “die to self” and not “return evil for evil.” They have gotten past the reactive stance of the law and are able to love and not react . 96

***Law 8 – The Law of Envy:***

***Envy Is Seeing The Good As That Which We Do Not Have. (15:30) - 97***

- Envy Is Defined As Seeing The Good As That Which I Do Not Have. (15:50)
- Learning To Counter W/ “Thankfulness” Gratitude
- We Need To Grieve What We Cannot Have. (19:36)
- We Need To Be Able To Look Inward And Take Responsibility For Our Misery. (20:12)
- We Need To Actively Seek What We Can't Have And Appreciate It. (21:03)

**DVD:**

- Romans 6:17 But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted.

**Book:**

- Envy defines “good” as “what I do not possess,” and hates the good that it has. 97
- The problem with envy is that it focuses outside our boundaries, onto others. If we are focusing on what others have or have accomplished, we are neglecting our

- responsibilities and will ultimately have an empty heart. Look at the difference in Gal 6:4: "Each one should test his own actions, then he can take pride in himself, without comparing himself to somebody else." 97
- Envy is a self-perpetuating cycle. Boundaryless people feel empty and unfulfilled. They look at others' sense of fullness and feel envious. Thus time and energy need to be spent on taking responsibility for their lack and doing something about it. 97
  - These people are questioning themselves instead of envying others. Your envy should always be a sign you that you are lacking something. 99

**Law 9 – The Laws of activity:**

***Boundaries are created in our lives when we do something.  
We must take the initiative and accept the responsibility for our feelings, attitudes, and behaviors.*** (23:00) - 99

**DVD:**

- Matthew 5:6 Blessed are those who hunger and thirst for righteousness, for they will be filled.
- Matthew 14:22-33 Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone, but the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. During the fourth watch of the night Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

**Book:**

- Human beings are responders and initiators. 99
- Consider the contrast in the parable of the talents. The ones who succeeded were active and assertive. They initiated and pushed. The one who lost out was passive and inactive. 99
- The sin God rebukes is not trying and failing, but failing to try. Trying, failing, and trying again is called learning. 99

**Law 10 – The Law Of Exposure:**

***Internal Boundaries Need To Be Visible And Communicated To Others.*** (29:30) - 100

- Law of Exposure – Grumbling, Explosions, Victimization (33:19)

DVD:

- Eph. 5:13-14 But everything exposed by the light becomes visible, [14] for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."

Book:

- The law of exposure says that your boundaries need to be made visible to others and communicated to them in relationship. We have many boundary problems because of relationship fears. We are beset by fears of guilt, not being liked, loss of love, loss of connection, loss of approval, receiving anger, being known, and so on. These are all failures in love, God's plan is that we learn how to love. 100

## **PART II – BOUNDARY CONFLICTS**

### **DVD - Session 5 – The Myths About Boundaries**

#### **6 – Common Boundary Myths - 103**

***Myth # 1 – “I’m Being Selfish.” There Is A Difference Between Being Selfish And Being Self-Centered. (1:28) - 103***

DVD:

- Leviticus 19:18 "Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the Lord.
- Philip. 2:3-4 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. [4] Each of you should look not only to your own interests, but also to the interests of others.
- 2 Cor. 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Book:

- It's absolutely true that we are to be loving people. Concerned for the welfare of others. In fact, the number one hallmark of Christians is that we love others (Jn 13:35). 103
- Appropriate boundaries actually increase our ability to care about others. 103
- There is a distinction between selfishness and stewardship. Selfishness has to do with a fixation on our own wishes and desires, to the exclusion of our responsibility to love others. 103
- "I know what it is to be in need, and I know what it is to have plenty. I've learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength." (Phil 4:12-13). 104

- It helps the Christian afraid of setting boundaries to know that God meets our needs. “God will meet all your needs according to his glorious riches in Christ Jesus” (Phil 4:19). 104

*Our Needs Are Our Responsibility.* 104

- Even with God’s help, however, it is crucial to understand that meeting our own needs is basically our job. We can’t wait passively for others to take care of us. Jesus told us to “ask... seek... knock” (Mt 7:7). We are to “work out our salvation with fear and trembling” (Phil 2:12). Even knowing that “it is God who works in us”, we are our own responsibility. 104

*Stewardship* - 105

- A helpful way to understand setting limits is that our lives are a gift from God. 105
- We are to develop our lives, abilities, feelings, thoughts, and behaviors. Our spiritual and emotional growth is God’s “interest” on His investment in us. When we say no to people in activities that are hurtful to us, we are protecting God’s investment. 105

***Myth # 2 – “I’m Being Disobedient.”***

***We Are Accountable To God, Not People.*** (5:20) - 105

DVD:

- Luke 6:26 Woe to you when all men speak well of you, for that is how their fathers treated the false prophets.
- John 10:11-16 "I am the good shepherd. The good shepherd lays down his life for the sheep. [12] The hired hand is not the shepherd who owns the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. [13] The man runs away because he is a hired hand and cares nothing for the sheep. [14] "I am the good shepherd; I know my sheep and my sheep know me-- [15] just as the Father knows me and I know the Father--and I lay down my life for the sheep. [16] I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd.

Book:

- The truth is life-changing: a lack of boundaries is often a sign of disobedience. People who have shaky limits are often complaint on the outside, but rebellious and resentful on the inside. 105
- A way to look at this myth is that boundaries are a sign of disobedience: if we can’t say no, we can’t say yes. Why is this? It has to do with our motivation to obey, to love, or to be responsible. We must always say yes out of a heart of love. When our motive is fear, we love not. 106

***Myth # 3 – “If I Set Limits, I’m Going To Lose Love.”***

***Fear Of Being Abandoned, Yet Living Without Boundaries Usually Means We Aren't Really Connected To Others. (8:20) – 107***

DVD:

- John 15:5 "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.
- Eccles. 4:10 If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!
- Genesis 2:18 The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."
- Luke 6:26 Woe to you when all men speak well of you, for that is how their fathers treated the false prophets.
- Hebrews 5:14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Book:

- Boundaries are a "litmus test" for the quality of our relationships. 108
- Setting limit test to do with telling the truth. 108
- Some people will abandon our attackers for having boundaries? Yes. Better to learn about their character and take steps to fix the problem than never to know. 109
- Bonding first, boundary second. 109

***Myth # 4 – "If I set boundaries, I will hurt others."***

***Boundaries are defensive tools, not offensive weapons – our intention is important. (12:12) - 110***

DVD:

- Romans 5:20-21 The law was added so that the trespass might increase. But where sin increased, grace increased all the more, [21] so that, just as sin reigned in death, so also grace might reign through righteousness to bring eternal life through Jesus Christ our Lord.
- Romans 6:1 What shall we say, then? Shall we go on sinning so that grace may increase?

Book:

- The problem is that sometimes you see boundaries as an offensive weapon. Nothing could be further from the truth. Boundaries are a defensive tool. Appropriate boundaries don't control, attack, or hurt anymore. They simply prevent your treasures from being taken at the wrong time. Saying no to adults, who are responsible for getting their own needs met, may cause some discomfort. 110

***Myth # 5 – "Boundaries mean I'm angry."***

***Actually, boundaries help us to be less angry. (15:45) – 111***

DVD:

- Proverbs 13:24 He who spares the rod hates his son, but he who loves him is careful to discipline him.

Book:

- Emotions, or feelings, have a function. They tell us something, they are a signal. 112
- Here are some of the things our “negative” emotions tell us. *Fear* tells us to move away from danger, to be careful. *Sadness* tells us that we’ve lost something - a relationship, an opportunity, or an idea. *Anger* is also a signal. Like fear, anger signals danger. However, rather than urging us to withdraw, anger as a sign that we need to move forward to confront the threat. Jesus rage at the defilement of the temple is an example of how this feeling functions (Jn 2:13-17). 112
- Anger also provides us with a sense of power to solve problems. It energizes us to protect ourselves, those we love, and our principles. 113

*Boundaries Decrease Anger* - 115

- When mad, set a limit. 115

***Myth # 6 – “When Others Set Boundaries, It Injures Me.”***

***Relationships Consist Of A Balance Of Togetherness And Separateness, In That Order.*** (20:05) – 115

Book:

- First, having inappropriate boundaries set on us can injure us, especially in childhood. 116
- Second, we project our own injuries onto others. When we feel pain, one response is to “disown” the bad feeling and to throw it onto others. This is called projection. 116
- Third, an inability to receive someone’s boundary may mean there’s an idolatrous relationship. 117
- Fourth, an inability to accept other’s boundaries can indicate a problem in taking responsibility. 117
- Jesus Golden rule: “In everything, do to others what you would want have them do to you” (Mt 7:12). 118

***Myth # 7 – “But they’ve done so much for me.”***

***Love is a free gift without a price tag or I.O.U.*** (23:30) - 118

- Love is always a Free Gift.
- When you respond to love in guilty compliance, you are not being loving. (26:35)
- 1 John 4:18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

Book:



- The idea is that because we have received something, we owe something. The problem is the nonexistent debt. The love we receive, or money, or time - or anything which causes us to feel obligated - should be accepted as a gift. 119
- “Gift” implies no strings attached. All that’s really needed is gratitude. 119

**Myth # 8 – “Boundaries are permanent.”**

***Boundaries are always open to change by the boundary setter.*** (27:19) – 120

Book:

- It’s important to understand that your “no” is always subject to you. You own your boundaries. They don’t own you. If you set limits with someone, and they respond maturely and lovingly, you can negotiate the boundary. In addition you can change the boundary if you are in a safer place. 120

**7 - Boundaries In Your Family - 123**

- People who own their lives do not feel guilty when they make choices about where they are going. They take other people into consideration, but when they make choices for the wishes of others, they are choosing out of love, not guilt; to advance a good, not to avoid being bad. 124

***Signs Of A Lack Of Boundaries - 124***

*Catching The Virus - 124*

- One sure sign of boundary problems is when your relationship with one person has the power to affect your relationships with others. You are giving one person way too much power in your life. 124
- Fusing with parent - not able to stay separate. 124

*Second Fiddle - 125*

- The spouse can feel like leftovers. One can feel one’s partners real allegiance is to one’s parents. This spouse hasn’t completed the “leaving before cleaving” process. 125
- This does not mean that husbands and wives shouldn’t have a relationship with their extended families. 125

*May I Have My Allowance, Please? - 125*

- An adult who does not stand on his own financially is still a child. 126

*Mom, Where Are My Socks? - 126*

- Issue of life management functions. 126
- “Enmeshed family,” in which the children do not separate with clear boundaries. 127

*Three’s A Crowd - 127*

- Dysfunctional families are known for a certain type of boundary problem called *triangulation*. It goes something like this: person A is angry at person B. Person A does not tell person B. Person A calls person C and gripes about person B. Person C enjoys person A’s confidence and listens whenever A wants to play the triangle game. 127
- *Triangulation* is a failure to resolve conflict between two persons and the pulling in of a “third” to take sides. This is a boundary problem because the third person has no business in the conflict, but is used for comfort and validation by the ones who are afraid to confront each other. This is how conflicts persist, people don’t change, and enemies are made unnecessarily. 128

*Who’s The Child Here, Anyway? - 129*

- Some people were born to take care of their parents. They did not sign up for this duty; they inherited. Today we call these people “codependent.” Early in life they learned they were responsible for their parents, who were stuck in childish patterns of irresponsibility. 129

*But I’m Your Brother - 130*

- An irresponsible adult child depends on a responsible adult sibling to avoid growing up and leaving the family. 130

***But Why Do We Do That? – 130***

*Continuation of Old Boundary Problems - 131*

- The patterns you learn at home growing up are continued into adulthood with the same players: lack of consequences for irresponsible behavior, lack of confrontation, lack of limits, taking responsibility for others instead of yourself, giving out of compulsion and resentment, envy, passivity, and secrecy. These patterns are not new, they have just never been confronted in repented of. 131
- To change, you must identify these “sins of the family,” and turn from them. You must confess them as sins, repent of them, and change your way you handle them. 131

*Adoption - 131*

- This is not a book about spiritual development, but boundaries are an assessment essential aspect of growing up. One step in growing up is coming out from under parental authority and putting yourself under God's authority. 131
- This in no way means that we are to cut off other ties. We are to have friends outside of God's family and strong ties with our family of origin. However, we need to ask two questions: do these ties keep us from doing the right thing in any situation? And have we really become an adult in relation to our family of origin? 132

### ***Resolution Of Boundary Problems With Family - 132***

#### *Identify The Symptom - 133*

- The basic question is this: where have you lost control of your property? 133

#### *Identify the conflict - 133*

- Do you triangulate? Do you take responsibility for a sibling or parent instead of being responsible *to* them? Do you fail to enforce consequences and end up paying for their behavior? Are you passive and reactive toward them and the conflict? 133
- You cannot stop acting out a dynamic until you understand what you are doing. "Take the log out" of your own eye. 133

#### *Identify the need that drives the conflict - 133*

- You do not act in inappropriate ways for no reason. You are often trying to meet some underlying needs that your family of origin did not meet. Maybe we are still entangled because of a need to be loved, or approved of, or accepted. He must face this deficit and accept that it can only be met in your new family of God, those who are now your true "mother, father, brothers, and sisters," those who do God's will and love you the way He designed. 133

#### *Take In And Receive The Good - 133*

#### *Practice Boundary Skills - 134*

#### *Say No To The Bad - 134*

#### *Forgive The Aggressor – 134*

When you've refused to forgive someone, you still want something from that person, and even if it is revenge that you want, it keeps you tied to him forever. 134

If you do not forgive, you are demanding something your offender does not choose to give, even if it is only confession of what he did. This "ties" him to you and ruins

boundaries. Let the dysfunctional family you came from go. Cut it loose, and you will be set free. 135

*Respond, Don't React - 135*

- When you react to something that someone says or does, you may have a problem with boundaries. If someone is able to cause havoc by doing or saying something, she is in control of you at that point, and your boundaries are lost. When you respond, you remain in control, with options and choices. 135
- If you feel yourself reacting, step way and regain control of yourself so family members can't force you to do or say something you do not want to do or say and something that violates your separateness. When you have kept your boundaries, choose the best option. The difference between responding and reacting is choice. When you are reacting, they are in control. When you respond, you are in control. 135

*Learn To Love In Freedom And Responsibility, Not In guilt - 135*

## **8 - Boundaries And Your Friends - 137**

***Conflict # 1: Compliant / Compliant - 137***

***Conflict # 2: Compliant / Aggressive Controller - 139***

***Conflict # 3: Complaint / Manipulative Controller - 141***

***Conflict # 4: Compliant / Non Responsive - 142***

All The Following Questions Aligns with the Above Conflicts:

- 1. *What Are The Symptoms?*
- 2. *What Are The Roots?*
- 3. *What Is The Boundary Conflict?*
- 4. *Who Needs To Take Ownership?*
- 5. *What Do They Need?*
- 6. *How Do They Begin?*
- 7. *How Do They Set Boundaries?*
- 8. *What Happens Next?*

***Questions About Friendship Boundary Conflicts - 144***

***Question # 1: Are Friendships Easily Broken? - 144***

***Question # 2: How Can I Set Boundaries In Romantic Friendships? 146***

- Romantic relationships are, by nature, risky. 146

- Setting limits in romance is necessary. 147

*Question # 3: What If My Closest Friends Are My Family?* 148

*Question # 4: How Can I Set Limits With Needy Friends?* 148

## **9 - Boundaries And Your Spouse - 150**

*Is This Yours, Mine, Or Ours?* - 150

- The problem arises when one trespasses on the other's personhood, when one crosses a line and tries to control the feelings, attitudes, behaviors, choices, and values of the other. Our relationship with Christ – and ultimately with any other successful relationship - is based on freedom. 151

*Feelings* - 151

- One of the most important elements that promotes intimacy between two people is the ability of each to take responsibility for one's own feelings. 151

*Desires* - 152

- Desires are another element of personhood that each spouse needs to take responsibility for. 152
- Problems arise when we make someone else responsible for our needs and wants, and when we blame them for our disappointments. 153

*Limits On What I Can Give* - 153

- Problems arise when we blame someone else for our own lack of limits. Often spouses will do more than they really want to and then resent the other for not stopping them from over-giving. 153, 154
- The key here is that the other person is not responsible for our limits; we are. Only we know what we can and want to give, and only we can be responsible for drawing that line. If we do not draw it, we can easily become resentful. 155

*Applying The Laws Of Boundaries To Marriage* - 155

*The Law Of Sowing And Reaping* – 155

*The Law Of Responsibility* - 156

*The Law Of Power* - 157

- Before Boundaries - After Boundaries - 157

- Example, “you can continue to choose this behaviour, but I will choose not to be in your presence when you act that way.” 157

*The Law Of Evaluation - 158*

- When you set boundaries, be lovingly responsible to the person in pain. 158
- Spouses who are controlling and self centered both react angrily. 158
- Remember that a boundary always deals with yourself, not the other person. You are not demanding that your spouse do something - even respect your boundaries. You are setting boundaries to say what you will do or will not do. Only these kinds of boundaries are enforceable, for you do have control over yourself. Do not confuse boundaries with a new way to control a spouse. It is the opposite. It is giving up control and beginning to love. 158

*The Law Of Exposure - 158*

***But That Doesn't Sound Submissive - 160***

- First, both husbands and wives are supposed to practice submission, not just wives. “Submit to one another out of reverence for Christ” (Eph 5:21). Submission is always the free choice of one party to another. Husbands and wives should submit to one another. 160

***A Question Of Balance - 162***

Every marriage is made up of two ingredients, togetherness and separation. 162

Balance is something that God has wired into every system. 163

The preacher in Ecclesiastes says, “There is a time for everything, and a season for every activity under heaven” (3:1). 163

***Resolution - 164***

- 1. Inventory The Symptom. 164
- 2. Identify This Specific Boundary Problem. 164
- 3. Find The Origins Of The Conflict. 164
- 4. Taken The Good. 164
- 5. Practice. 165
- 6. Say No To The Bad. 165
- 7. Forgive. 165
- 8. Become Proactive. 165
- 9. Learn To Love In Freedom And Responsibility. 165
- Remember the goal of boundaries: love coming out of freedom. This is true self-denial of the New Testament. When you are in control of yourself, you can give and sacrifice for loved ones in a helpful way instead of giving into destructive behavior and self centeredness. 165

## **10 - Boundaries And Your Children - 167**

### ***The Importance Of Family - 168***

### ***Boundaries And Responsibility - 169***

- The most important thing parents can give children is a sense of responsibility - knowing what they are responsible for and knowing what they aren't responsible for, knowing how to say no and knowing how to accept no. Responsibility is a gift of enormous value. 169

### ***Instilling Vs Repairing Boundaries - 170***

### ***Boundary Development In Children - 170***

- Goals: Autonomy, discipline for proactivity, prevention, and instruction. 170
- We need to distinguish between *discipline* and *punishment*. Punishment is pain payment for wrongdoing. Legally, it's paying a penalty for breaking the law. Punishment doesn't leave a lot of room for practice, however. It's not a great teacher. The price is too great: "The wages of sin is death" (Rom 6:23), and "whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it" (Js 2:10). Punishment does not leave much room for mistakes. 171
- Discipline is different. Discipline is not payment for a wrong. It's the natural law of God: our actions produce consequences. 172
- Discipline is different from punishment because God is finished punishing us. Punishment ended on the cross for all those who accept Christ as Savior: "He himself bore our sins in His body on the tree" (1 Pt 2:24). Christ's suffering paid for our wrongdoing. 172
- In addition, discipline and punishment have a different relationship to time. Punishment looks back. It focuses on making payment for wrongs done in the past. Christ suffering was payment, for example, for our sin. Discipline, however, looks forward. The lessons we learn from discipline help us to not make the same mistakes again: "God disciplines us for our good, that we may share in His Holiness" (Heb 12:10). 172

### ***The Boundary Needs Of Children - 173***

### ***Self Protection - 173***

### ***Taking Responsibility For One's Needs - 175***

### ***Having A Sense Of Control And Choice When - 180***

- Children need to have a sense of control and choice in their lives. They need to see themselves not as the dependent, helpless pawns of parents, but as choosing, willing, initiative-taking agents of their own lives. 180
- Godly parenting, however, seeks to help children learn to think, make decisions, and master their environment in all aspects of life. 180

*Delaying Gratification Of Goals* - 181

*Respecting The Limits Of Others* - 182

***Seasonal Boundaries: Age Appropriate Limits Training*** - 184

*Birth To 5 Months* – 185

*5 To 10 Months* - 186

*10 To 18 Months* - 187

*18 To 36 Months* - 187

*3 To 5 Years* - 188

*Six To 11 Years* – 189

*11 To 18 Years* – 190

- Adolescence, the final step before adulthood, involves important tasks such as sexual maturation, a sense of solidifying identity in any surrounding, career learnings, and love choices. 190
- By this point, the “de-parenting” process should have begun. Things are beginning to shift between you and your youngster. Instead of controlling your child, you influence them. You increase their freedom, as well as responsibility. You re-negotiate restrictions, limits, and consequences with more flexibility. 190

***Types Of Discipline*** - 191

- 1. Consequences are intended to increase the child’s sense of responsibility and control over their life. 191
- 2. Consequences must be age appropriate. 191
- 3. Consequences must be related to the seriousness of the infraction. 191
- 4. The goal of boundaries is an internal sense of motivation, with self induced consequences. Successful parenting means that our kids want to get out of bed and go to school, be responsible, be empathic, and be caring because that’s important to them, not because it’s important to us. It’s only when love and limits are a genuine part of the child’s character that true maturity can occur. Otherwise, we are raising compliant parrots who will, in time, self destruct. 192

**11 - Boundaries And Work** - 194

***Work and Character Development*** - 195

***Problems In The Workplace*** - 195



- Problem # 1: Getting Saddled With Another Person's Responsibilities - 195
- Problem # 2: Working Too Much Overtime - 197
- Problem # 3: Misplaced Priorities - 199
- Problem # 4: Difficult Coworkers - 201
- Problem # 5: Critical Attitudes – 201
- Problem # 6: Conflicts With Authority - 202
- Problem # 7: Expecting Too Much Of Work - 203
- Problem # 8: Taking Work-Related Stress Home - 204
- Problem # 9: Disliking Your Job - 205

*Finding your life's work* – 206

## **12 - Boundaries And Yourself - 208**

*Our Out-Of-Control Soul* - 209

- Eating - 209
- Money - 209
- Time - 210
- Task Completion - 211
- The Tongue - 212
- Sexuality - 214
- Alcohol And Substance Abuse - 215

*Why Doesn't My "No" Work?* - 215

*Establishing Boundaries With Yourself* - 219

1. *What Are The Symptoms?* - 219
2. *What Are The Roots?* – 219
  - Some possible roots of self-boundary conflicts include: 219
  - Lack Of Training - 219
  - Rewarded Destructiveness - 219
  - Distorted Needs - 220
  - Fear Of Relationship - 220
  - Unmet Emotional Hungers - 220
  - Being Under The Law - 220
  - Covering Emotional Hurt - 220
3. *What Is The Boundary Conflict?* - 220
4. *Who Needs To Take Ownership?* - 220
5. *What Do You Need?* - 221
6. *How Do I Begin?* - 222

Address Your Real Need - 222  
Allow Yourself To Fail - 222  
Listen To Empathic Feedback From Others - 223  
Welcome Consequences As A Teacher - 224  
Surround Yourself With People Who Are Loving And Supportive - 224

### ***If You Are A Victim - 226***

- The most in primary damage done is that the victim loses a sense of trust. Trust, the ability to depend on ourselves and others in times of need, is a basic spiritual an emotional survival need. We need to be able to trust our own perceptions of reality and to be able to let significant people matter to us. 227
- Our ability to trust ourselves is based on our experience of others as trustworthy. People who are “like a tree planted by streams of water” (Ps 1:3) feel firm because of the streams of love coming from God and others in their life. 227

### ***Boundaries As An Aide To The Victim - 227***

## **13 - Boundaries And God - 228**

### ***Respecting Boundaries - 229***

- First, God leaves work for us to do that only we can do. He allows us to experience the painful consequences of our behaviors so that we will change. 229
- Second, he respects our no. 229
- He tries neither to control nor nag us. He allows us to say no and go our way. Think of the parable of the prodigal son, the story of the rich young ruler, or the story of Joshua and his people. In all these examples, God gives a choice and allows the people involved to make up their minds. When people say no, He allows it and keeps on loving them. He is a giver. And one of the things He always gives is a choice, but like a real giver, He also gives the consequences of those choices. He respects boundaries. 229

### ***Anger - 231***

### ***Respecting His Boundaries - 231***

### ***“I Respectfully Disagree” - 233***

### ***Respecting His Own - 234***

### ***A Real Relationship - 234***

## **DVD - Session 6 – A Course of Recovery**

**1 – Identify Sickness: A Need To Admit You Have A Problem Before You Can Get Help. (00:40)**

**2 – Connection: A Need To Be In Relationships With God And Others. (3:14)**

**3 – Identify Needs: Admit To Unmet Needs In Your Life – Connection, Separateness Or Boundaries, Resolving The Good-Bad Split, Or Adulthood. (7:50)**

**4 – Receive The Good: Accept The Grace Of God Incarnated In People. (9:30)**

**5 – Roots And Grieve: Avoid The Repetition Compulsion. (11:20)**

**6 – Forgiveness: Accept God’s Forgiveness And In Turn Be Able To Forgive Yourself And Others. (15:40)**

**7 – Ownership: Accept Responsibility For Your Feelings, Attitudes, And Behavior. (18:00)**

**8 – Saying No To The Bad: Practice Saying No To “Safe” People Before You Say No To “Unsafe” People. (21:26)**

**9 – Failure: Be Willing To Accept It As Part Of The Struggle Of Trying To Something New. (22:50)**

**10 – Return To Step 1: When Confronting Your Failure, Be Willing To Begin The Process Again As You Move Toward Recovery. (28:20)**

- Psalm 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. [24] See if there is any offensive way in me, and lead me in the way everlasting.
- Eph. 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
- Proverbs 26:11 As a dog returns to its vomit, so a fool repeats his folly.
- Eccles. 7:2 It is better to go to a house of mourning than to go to a house of feasting, for death is the destiny of every man; the living should take this to heart.
- Luke 7:36-38 Now one of the Pharisees invited Jesus to have dinner with him, so he went to the Pharisee's house and reclined at the table. [37] When a woman who had lived a sinful life in that town learned that Jesus was eating at the Pharisee's house, she brought an alabaster jar of perfume, [38] and as she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.
- Exodus 20:4-6 “You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. [5] You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, [6] but showing love to a thousand generations of those who love me and keep my commandments.
- Matthew 12:43-45 "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. [44] Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put

- in order. [45] Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation."
- Psalm 1:3 He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.
  - Hebrews 5:14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.
  - Luke 22:31-34 "Simon, Simon, Satan has asked to sift you as wheat. [32] But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers." [33] But he replied, "Lord, I am ready to go with you to prison and to death." [34] Jesus answered, "I tell you, Peter, before the rooster crows today, you will deny three times that you know me."
  - Luke 22:54-62 Then seizing him, they led him away and took him into the house of the high priest. Peter followed at a distance. [55] But when they had kindled a fire in the middle of the courtyard and had sat down together, Peter sat down with them. [56] A servant girl saw him seated there in the firelight. She looked closely at him and said, "This man was with him." [57] But he denied it. "Woman, I don't know him," he said. [58] A little later someone else saw him and said, "You also are one of them." "Man, I am not!" Peter replied.
  - [59] About an hour later another asserted, "Certainly this fellow was with him, for he is a Galilean." [60] Peter replied, "Man, I don't know what you're talking about!" Just as he was speaking, the rooster crowed. [61] The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: "Before the rooster crows today, you will disown me three times." [62] And he went outside and wept bitterly.
  - John 1:4-5 In him was life, and that life was the light of men. [5] The light shines in the darkness, but the darkness has not understood it.
  - Romans 7:15-20 I do not understand what I do. For what I want to do I do not do, but what I hate I do. [16] And if I do what I do not want to do, I agree that the law is good. [17] As it is, it is no longer I myself who do it, but it is sin living in me. [18] I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. [19] For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing. [20] Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.
  - Genesis 19:26 But Lot's wife looked back, and she became a pillar of salt.

## **PART III – DEVELOPING HEALTHY BOUNDARIES**

### **DVD - Session 7 – Resistances to Boundaries**

#### **14 – Resistance To Boundaries - 239**

- The driving force behind boundaries has to be desired. 239

***Four External Resistance Sources: - (Outside Resistances) - 240***

**1 – Anger: - 241**

DVD:

***A Natural Outcome Of Beginning The Boundary Process –  
We Need Connections With God And Others To Handle It And We Must  
Actively Set Limits Upon It. (2:16)  
Expect Anger (2:45)  
You Need Connection (3:15)  
Actively Set Limits (3:40)***

**2 – Guilt: - 243**

DVD:

***Is Really Rage In Disguise – It Needs To Be Processed With Someone And  
Does Not Necessarily Need To Be Accepted As Your Problem. (4:15)  
Guilt is Rage (4:25) which is anger / rage being lied about  
Process your bad self (5:05) idea is to be able to process w/ friend when  
someone has made you to feel badly  
Work through your need to repair (5:40) give up need to repair the other***

Book:

1. Recognize Guilt Messages. 245
2. Guilt Messages Are Really Anger In Disguise. 245
3. Guilt Messages Hide Sadness and Fear. 245
4. If Guilt Works On You, Recognize That This Is Your Problem And Not  
Theirs. 245
5. Do Not Explain Or Justify. 245
6. Be Assertive And Interpret Their Messages As Being About Their Feelings.  
246

Consequences and Countermoves: 246

1. Figure out what it is that you are getting for your lack of boundaries and what  
you stand to lose by setting boundaries. 247
2. Decide if you are willing to risk loss. 248
3. Be diligent about making up for what you have lost. 248
4. Do it. 248
5. Realize that the hard part is just beginning. 248

**3 – Physical: - 249**

DVD:

**Use available resources to deal with it; be empowered to confront it; do not  
be subdued into “submission” to it. (6:40)  
Use the resources of the land (7:10) ex call 911 if necessary  
Victims need empowerment (7:50)**

**This is not about submission** (8:40) ex dealing w/ ppl trying to control

**4 – Pain Of Others (Real Or Entitled):** - 249

DVD:

- **Evaluated your motive and the other’s pain.** (9:40)
- **Evaluate setting the limits** (10:00)
- **Is their pain real** (10:40)
- **Is their pain entitled pain** (11:05)

Book:

- When we begin to set boundaries with people we love, a really hard thing happens: they hurt. 249
- If you love them, this will be difficult for you to watch. But, when you are dealing with someone who is hurting, remember that your boundaries are both necessary for you and helpful for them. 249

**Five Internal Resistance Sources:**

**1 – Unmet Needs:** - 252

***Take Ownership For Them And Allow God To Fill You.*** (13:05)

**2 – Unresolved Grief:** - 253

***It Is Hard To Make Right Choices When You Are Experiencing Loss Or Grief. Identify It And Work Through It.*** (16:35)

DVD:

- Unresolved by staying ‘mad’ at someone else

Book:

- If the “unmet needs” resistance has to do with getting the “good,” grief has to do with letting go of the “bad.” 253
- But accepting the reality of who they are and letting go of the wish for them to be different is the essence of grief. And that is sad indeed. 254
- Giving up boundaries to get love postpones the inevitable: the realization of the truth about the person, the embracing of the sadness of that truth, and the letting go and moving on with life. 254

**3 – Fear Of The Unknown:** - 258

***Take A Leap Of Faith To Face The Uncertainties Of Tomorrow.*** (19:50)

**4 – External Focus:** - 264

***Blaming Someone Else Instead Of Accepting Personal Responsibility.*** (21:20)

*Real Needs* – 250

*Forgiveness and Reconciliation - 251*

- The Bible is clear about two principles: 1, we always need to forgive, but 2, we don't always achieve reconciliation. 251

*Internal resistances - 252*

*Human Need - 252*

*Steps You Need To Take To Face This Internal Resistance: 254*

1. Own Your Boundarylessness. 254
2. Realize The Resistance. 255
3. Seek Grace And Truth. 255
4. Identify The Wish. 255
5. Let Go. 255
6. Move On. 255

*Internal Fears Of Anger – 256*

*Unforgiveness - 262*

*External Focus - 264*

- People tend to look outside of themselves for the problem. This external perspective keeps you a victim. It says that you can never be OK until someone else changes. This is the essence of powerless blame. It may make you morally superior to that person (in your own thinking, never in reality), but it will never fix the problem. 264
- Face squarely the resistance to looking at yourself as the one who has to change. It is crucial that you face yourself, for that is the beginning of boundaries. Responsibility begins with an internal focus of confession and repentance. You must confess the truth about the ways you are keeping your boundarylessness going, and you must turn from those ways. You must look at yourself and face the internal resistance of wanting the problem to be on the outside of you. 264

**5 – Guilt: - 264**

*Be Discerning As To Its Source. (22:40)*

**DVD:**

- Guilt message from Law; Sadness & Sorrow message from God – real problem is 'breakdown in love'
- John 11:12 His disciples replied, "Lord, if he sleeps, he will get better."
- Luke 14:28-30 "Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it? [29] For if he lays the foundation and is not able to finish it, everyone who sees it will ridicule him, [30] saying, 'This fellow began to build and was not able to finish.'

- Deut. 32:35 It is mine to avenge; I will repay. In due time their foot will slip; their day of disaster is near and their doom rushes upon them."
- 1 John 2:16 For everything in the world--the cravings of sinful man, the lust of his eyes and the boasting of what he has and does--comes not from the Father but from the world.
- Luke 10:38-42 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. [39] She had a sister called Mary, who sat at the Lord's feet listening to what he said. [40] But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" [41] "Martha, Martha," the Lord answered, "you are worried and upset about many things, [42] but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."
- Hebrews 11:1-40 Now faith is being sure of what we hope for and certain of what we do not see. [2] This is what the ancients were commended for.
- Hebrews 12:1-2 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. [2] Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.
- Genesis 3:11-13 And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" [12] The man said, "The woman you put here with me--she gave me some fruit from the tree, and I ate it." [13] Then the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."
- Romans 7:21-25 So I find this law at work: When I want to do good, evil is right there with me. [22] For in my inner being I delight in God's law; [23] but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. [24] What a wretched man I am! Who will rescue me from this body of death? [25] Thanks be to God--through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.
- Hebrews 10:19-22 Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, [20] by a new and living way opened for us through the curtain, that is, his body, [21] and since we have a great priest over the house of God, [22] let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.
- Matthew 10:34 "Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword.

Book:

*Guilt* – 264, 265



- Guilt is a difficult emotion, for it is really not a true feeling, such as sadness, anger, or fear. It is a state of internal condemnation. It is the punitive nature of our fallen conscious saying, “you are bad.” It is the state Jesus died for, to put us into a state of “no condemnation.” Biblically, it is something legal, not emotional. 265
- Scripture teaches that we are to be out from under condemnation and that guilt should not be a motivator of our behavior. We are to be motivated by love, and the resulting emotion that comes out of love when we fail is “Godly sorrow” (2 Cor 7:10). This is contrasted with “worldly sorrow,” which is guilt, and “brings death.” 264, 265
- This guilt comes mainly from how we have been taught in our early socialization process. Therefore, our guilt feelings are not inerrant. They can appear when we have not done anything wrong at all, but have violated some internal standard that we have been taught. We have to be careful about listening to guilt feelings to tell us when we are wrong, for often, the guilt feelings themselves are wrong. In addition, guilt feelings are not good motivators anyway. It is hard to love from a condemned place. We need to feel not condemned, so that we can feel “Godly sorrow” that looks at the hurt we have caused someone else, instead of how “bad” we are. Guilt distorts reality, gets us away from the truth, and away from doing what is best for the other person. 265

*Abandonment Fears: Taking The Stand In A Vacuum - 267*

*If It Were Easy, You Would Have Done It By Now - 267*

## **DVD - Session 8 – Boundaries and Yardsticks**

### **15 - How To Measure Success With Boundaries - 269**

*Step 1: Resentment - Our Early-Warning Signal - 270*

*Step 2 – Join The Family - 274*

*Step 3 – A Change Of Taste - Becoming Drawn To Boundary-Lovers - 272*

*Step 4 – Treasuring Our Treasures - 275*

*Step 5 – Practice Baby No’s - 277*

*Step 6 – Rejoicing In The Guilty Feelings - 278*

*Step 7 – Grown-Up No’s*

*Step 8 – Rejoicing In The Absence Of Guilty Feelings - 281*

### ***Step 9 – Loving The Boundaries Of Others - 282***

- Loving others boundaries confronts our selfishness in omnipotence. 282
- Loving others boundaries increases our capacity to care about others. 282

### ***Step 10 – Freeing Our no And our Yes - 282***

- This principle is at the heart of the yardstick: our no becomes as free as are yes. In other words, when you are as free to say no to a request as you are to say yes, you are well on the way to boundary maturity. 283

### ***Step 11 – Mature Boundaries - Value-Driven Goal Setting - 284***

- Individuals with mature boundaries aren't frantic, in a hurry, or out of control. They have a direction in their lives, and moving toward their personal goals. They plan ahead. 285

### ***Step 12 – Service***

- Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. [29] Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. [30] For my yoke is easy and my burden is light."
- Eph. 4:15-16 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. [16] From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.
- Psalm 101:6 My eyes will be on the faithful in the land, that they may dwell with me; He whose walk is blameless will minister to me.
- Ruth 3:9 "Who are you?" he asked. "I am your servant Ruth," she said. "Spread the corner of your garment over me, since you are a kinsman-redeemer."
- 1 Cor. 12:1-31 Now about spiritual gifts, brothers, I do not want you to be ignorant. [2] You know that when you were pagans, somehow or other you were influenced and led astray to mute idols. [3] Therefore I tell you that no one who is speaking by the Spirit of God says, "Jesus be cursed," and no one can say, "Jesus is Lord," except by the Holy Spirit.
- Matthew 21:28-32 "What do you think? There was a man who had two sons. He went to the first and said, 'Son, go and work today in the vineyard.' [29] 'I will not,' he answered, but later he changed his mind and went. [30] "Then the father went to the other son and said the same thing. He answered, 'I will, sir,' but he did not go. [31] "Which of the two did what his father wanted?" "The first," they answered. Jesus said to them, "I tell you the truth, the tax collectors and the prostitutes are entering the kingdom of God ahead of you. [32] For John came to you to show you the way of righteousness, and you did not believe him, but the tax collectors and the prostitutes did. And even after you saw this, you did not repent and believe him.

- Galatians 5:23 gentleness and self-control. Against such things there is no law.
- Luke 10:30-37 In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he fell into the hands of robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. [31] A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. [32] So too, a Levite, when he came to the place and saw him, passed by on the other side. [33] But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. [34] He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, took him to an inn and took care of him. [35] The next day he took out two silver coins and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.' [36] "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?" [37] The expert in the law replied, "The one who had mercy on him." Jesus told him, "Go and do likewise."

## **16 - A Day In A Life With Boundaries - 287**