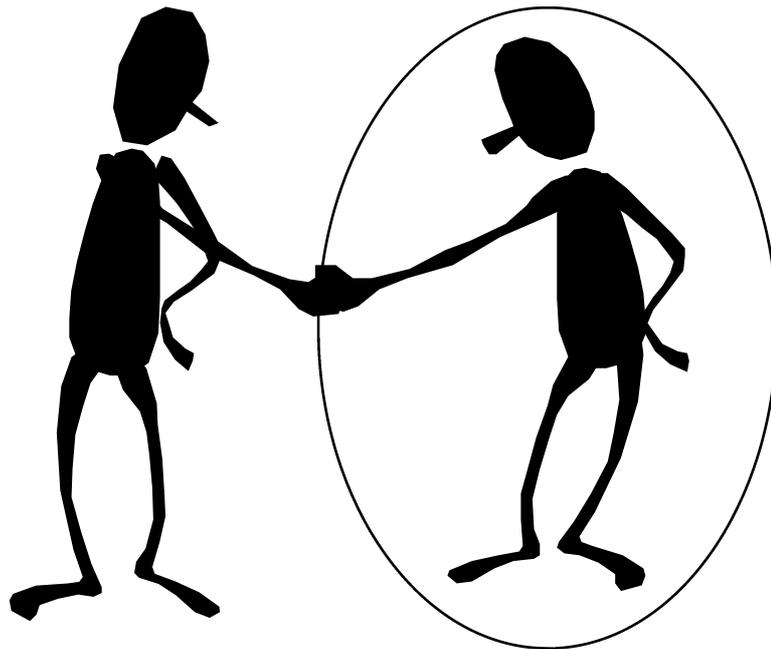


# BOUNDARIES

**NOTES AND QUESTIONS BASED ON THE VIDEO SESSIONS  
BY DR HENRY CLOUD & DR JOHN TOWNSEND**

- 1. WHAT IS A BOUNDARY**
- 2. BOUNDARIES PROBLEMS & SYMPTOMS**
- 3. THE LAWS OF BOUNDARIES (PT 1)**
- 4. THE LAWS OF BOUNDARIES (PT 2)**
- 5. THE MYTHS OF BOUNDARIES**
- 6. A COURSE OF RECOVERY**
- 7. RESISTANCE TO BOUNDARIES**
- 8. THE YARDSTICKS OF BOUNDARIES**



# 1. WHAT IS A BOUNDARY?

The case of Cherie...

Trying harder  
Being nicer  
Taking responsibility for others  
...were not working

The parents with a son with problems...



Function of boundaries:-

- Keep good in and bad out
- As an alarm
- Help us withdraw
- Protect freedom

Types of boundaries...

Skin

Words

Geographical

Time

Emotional distance

Others

Three parts of the soul that are protected

Feelings

Attitudes

Behaviour

## FOR DISCUSSION

Which of Cherie's problems do you identify with

Do you find yourself taking responsibility for others who should be managing themselves

What can you learn from Proverbs 4:23

Mark 1:35-38

## **2. BOUNDARIES PROBLEMS & SYMPTOMS.**

How do you know you have a problem?

### **SYMPTOMS**

1 Depression

2 Resentment

3 Rage / Anger

4 Obsessive Compulsive Problems



### **RELATIONAL SYMPTOMS**

1 Loss of Freedom

A direct controller

Manipulative relationships

2 Loss of Love (leads to fear)

### **FUNCTIONAL SYMPTOMS**

1 Inability to Follow Through

2 Disorganisation

3 Low Energy Levels

4 Problems of Concentration

### **FOR DISCUSSION**

Do you recognise these symptoms in your own life?

In relation to the above, what do you learn from 1 Corinthians 12 and Romans 12:1-7?

### **3. THE LAWS OF BOUNDARIES (PART 1)**

- 1. Sowing and Reaping**
  - can be suspended

- 2. Responsibility for and to**

- 3. Power and Powerlessness**

- I can agree with the truth of my condition
- I can submit my need to change to God and others
- Search & ask God to show you how bad it really is
- Turn from evil when you find it
- Humble yourself and ask God and others to help you
- Make amends, reconcile, forgive

- 4. The Law of Receiving Others' Boundaries**

- Grieve our wish to control others
- As I respect boundaries I become more dependent on God and others
- As I embrace the boundaries of others I will love more

- 5. The Law of Motivation**

#### **FOR DISCUSSION**

Who have you carried for any period? Was she/he better because of it?

Does God rescue us - always?

With reference to boundaries, what can you learn from the following?

Genesis 1:27-28

2 Corinthians 9:6-7

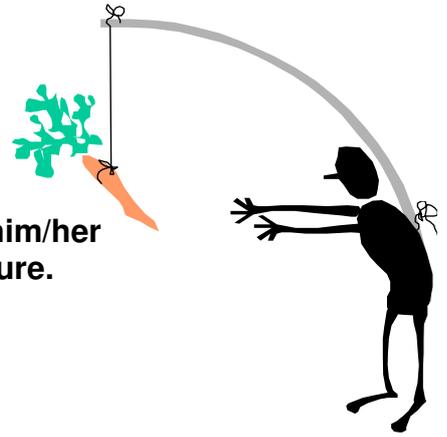
1 John 4:19



## **4. THE LAWS OF BOUNDARIES (PART 2)**

### **6. The Law of Evaluating Pain Caused by Boundaries**

- Distinguishing between hurting and harming
- When we allow someone to experience pain we help him/her see that the hurt is due to his/her character structure.
- Expect anger/guilt messages from others
- As others stay with me in my 'no', love increases



### **7. The Law of Proactive versus Reactive Boundaries**

- The difference between being victimised and being a victim
- Being a responder rather than a reactor to evil

### **8. The Law of Envy (Seeing the good as that which I do not have)**

- We need to grieve what we cannot have
- We need to look inward and take responsibility for our misery
- We need to actively seek what we can't have and appreciate it

### **9. The Law of Activity**

Being responsible for your recovery

### **10. The Law of Exposure**

- Communicating your boundaries to others

How you know if you are not succeeding...

Grumbling

Explosions

Victimisation

## **FOR DISCUSSION**

What is the difference between hurt and harm?

How do we learn through pain?

When we say 'no', what must accompany it to maintain good relationships?

What is the difference between being victimised and being a victim?

What is the difference between a responder and a reactor to evil?

What is the opposite of envy?

What do the following teach you...

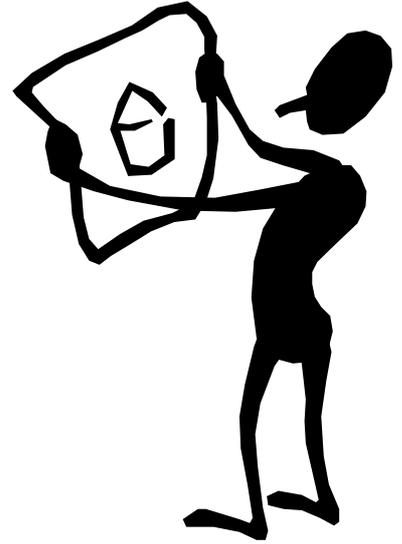
Romans 12:17-21

James 4:1-3

## **5. MYTHS & BOUNDARIES**

How do you answer each of these?

1. If I set boundaries I am being selfish
2. Boundaries are a sign of disobedience
3. If I set limits I'm going to lose love
4. If I set boundaries I will hurt others
5. Boundaries mean I'm angry
6. When others set boundaries it injures me
7. But they've done so much for me
8. Boundaries are permanent (and I'm afraid of burning my bridges)



### **For discussion:-**

Talk about your answers to the myths above  
What do you learn from the following?  
Romans 5:6-8

## **6. COURSE OF RECOVERY**

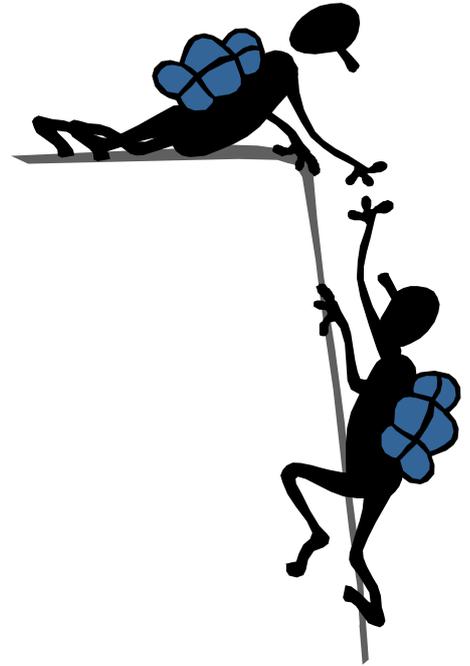
- 1. Identify Sickness**
- 2. Connection**
- 3. Identify Needs**
  - For connection
  - For separateness (boundaries)
  - Resolving the good/bad split
  - Adulthood
- 4. Receive the Good**
- 5. Roots & Grieve**
- 6. Forgiveness**
- 7. Ownership**
  - F**eelings
  - A**ttitude
  - B**ehaviour
- 8. Saying 'No' to the Bad**
- 9. Failure**
- 10. Return to step one**

### **FOR DISCUSSION**

How may people react when you identify your problems?  
What happen when you don't own your 'treasures' (FAB)?  
Who could you talk through your needs with?  
What do you learn from the following?  
Psalm 139

Matthew 6:9-15

James 5:16



# 7. RESISTANCE TO BOUNDARIES

## EXTERNAL RESISTANCES

### 1. Anger

- expect it
- you need connection
- actively set limits on anger

### 2. Guilt

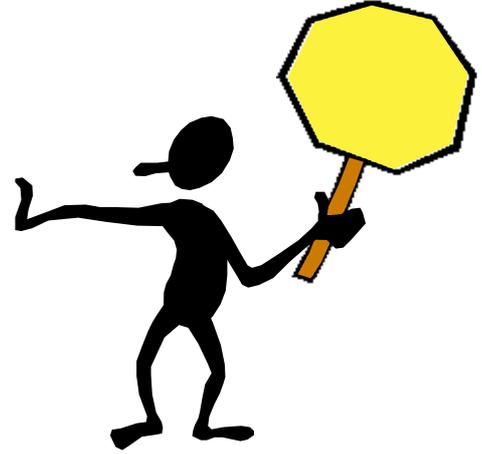
- guilt is rage
- process your bad self with someone
- work through your needs to repair them

### 3. Physical

- Use resources of the land (law)
- Victims need empowerment
- This is not about submission

### 4. Pain of Others

- Evaluate setting the limits
- Is their pain real?
- Are they entitled to that pain?



## INTERNAL RESISTANCES

### 1. Unmet Needs

### 2. Unresolved Grief

### 3. Fear of the unknown

### 4. External Focus

### 5. Guilty Feelings

## FOR DISCUSSION

What resistances to boundaries do you encounter from outside yourself?

Who are the people you need?

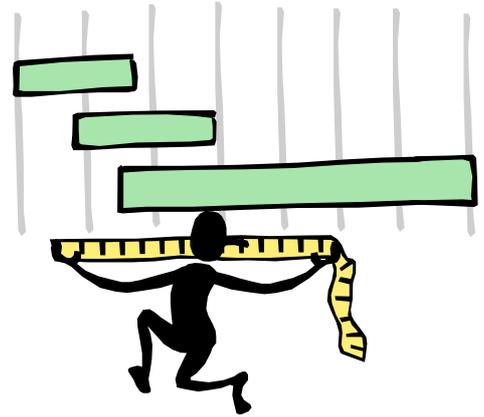
What resistances to boundaries do you identify in yourself?

What do you learn from the following?

Hebrews 11:1-3ff

## **8. YARDSTICKS (BOUNDARY THERMOMETER)**

1. RESENTMENT
2. JOIN THE FAMILY
3. LOOK FOR CHANGE OF TASTE
4. BEGIN TREASURING THE TREASURE
5. BABY “no”s
6. REJOICING IN THE GUILT
7. GROWN UP “NO”s
8. GUILTLESS BOUNDARIES
9. LOVE OTHERS’ BOUNDARIES
10. A FREE “No” LEADS TO A FREE “Yes”
11. MATURE BOUNDARIES
12. SERVICE



### **For Discussion**

What have you learned over the eight sessions?

What step have you actively taken?

Have you set any new boundaries? What was the result?

Where can you find support in setting your boundaries?

Do you feel you need more help?

What do learn from the following?

Ephesians 4:15-16

Colossians 3:12-17