

Boundaries with Family

Typical issues regarding family boundary problems.

Many of these are related to family systems...the ways family members generationally tend to relate to one another.

Although we may make decisions to be independent on the outside (moved away from home, start our own adult life, career, etc.)...we may be still emotionally enmeshed on the inside (make decisions re: family feeling pressured, experience guilty feelings, lack of boundaries, not a separate person).

1. Family of origin scripts

- Generational patterns of behavior.
- The family of origin has the power to affect his new family in a trickle-down effect.
- Lack of boundaries growing up...lack of boundaries as an adult.
- Perhaps it's only about one person you give too much power in your life.

2. Favoritism

- Over functioning for someone in the family who under functions.
- Thinking a family member can't function without help.
- Someone (spouse, sibling) feels like they are being short-changed.
 - "What about me?"

3. Over-indulgence

- Wanting to give the other everything. No limits
- Saying yes/no to "gifts"
- Saying yes/no to rescuing
- No bad thing should happen.
- Irresponsibility maintains immaturity

4. Perpetual Child Syndrome

- Never growing up
- Allowing family of origin to perform certain life functions
 - Laundry, vacations, holidays
 - They are so good at it. I can't do it as well as them.

5. Triangulation

- A conflict-resolution problem
- Being pulled into the anxious relationships of others
- Not dealing with conflict directly

6. Parent-Child Confusion

- Parent/child roles confused
- Typical with under-functioning parent
- When is the parent "really in need?"
- What can we/can't we give?

7. Brother's Keeper

- A misplaced sense of responsibility for a sibling
- Irresponsible sibling relies on responsible sibling

Boundaries with Co-Workers

A lack of boundaries creates problems in the workplace. Common problems:

1. Getting saddled with another person's responsibilities

- No boundaries means we will do "whatever-it-takes" to (1) get a job done or (2) keep my job
- It's one thing to do a favor...another thing to do their job
- Often an over-responsible co-worker over-functions for the irresponsible co-worker.

2. Working too many hours

- No boundaries means work can overtake me
- Job overload is our responsibility
- Pay attention to the requests of others
- Your work does not define you.... Don't let it.

3. Misplaced priorities
 - Spend time on what's important, not what's urgent
 - No boundaries make everything important
 - Make a plan of how to accomplish what's important
 - Say no to everything else
4. Difficult co-workers
 - We can't control that person
 - We can control our reactions/responses
 - Refuse to let this person affect you
5. Critical attitudes of others
 - Lack of boundaries means you can be provoked
 - Lack of boundaries means your attitude can be influenced
 - Boundaries are self-control, distancing, Not needing their approval
6. Conflicts with authority
 - "Transference" issues? (problem in past affects present)
 - We can "misread" direction as dislike
 - Get outside perspectives
7. Expecting too much of work
 - Looking to workplace to be "family"
8. Taking work-related stress home
 - We typically transfer that stress to others.
 - Change something before you leave
 - i. Change clothes
 - ii. Eat fruit (blood-sugar adjustment)

Boundaries with Self

Common out-of-control self-boundary issues:

1. Eating
 - Under-eating to control
 - Over-eating to comfort

2. Money

- Over-spending.
- Under-spending.

3. Time

- Extreme Procrastination
- No margin

4. Task completion

- Never finishing before we're off to something new

5. Our Words

- Just can't seem to control what we say
- Never saying much
- Excessive interruption
- Especially when emotional (anxious, angry, frustrated)

6. Sexuality

- Indulgent in unhealthy behaviors

7. Substance abuse

Many of these issues are signs of need for a deeper healing from shame, abuse, victimization, deep past pain, etc.

Generally we can't resolve these boundary issues on our own. We will likely need to seek:

- (1) professional help
- (2) a strong group of friends to support.

Boundaries with God

1. God respects our boundaries

- He gives us free will
- He wants us to love him by our choosing
- We get to decide our eternity

2. God asks us to respect his boundaries

- 10 Commandments
- While something may be permissible, it may not be profitable
- We live under grace, not entitlement
- The leading of the Holy Spirit in our lives

3. The Human-Divine Relationship

- Healthy relationships is the entire point. With God, with one another, and with creation.

Material for this teaching/coaching week was taken from:

Cloud, Henry, and John Sims Townsend. *Boundaries: When to Say Yes, When to Say No to Take Control of Your Life*. Grand Rapids, Mich.: Zondervan Pub. House, 1992.

Establishing Boundaries

Removing Walls



Boundaries and Walls: Week 6

Special Boundary Situations

Boundaries with _____

Many of these are related to family _____—the ways family members generationally tend to relate to one another.

1. Family of _____ scripts
2. _____
3. Over-_____
4. _____ Child Syndrome
5. _____
6. Parent-Child _____
7. Brother's _____

Boundaries with _____

A lack of boundaries creates problems in the workplace. Common problems:

1. Getting saddled with another person's _____

2. Working too many _____

3. Misplaced _____

4. _____ co-workers

5. _____ attitudes of others

6. Conflicts with _____

7. Expecting _____ _____ of work

8. Taking work-related _____ home

Boundaries with _____

Common out-of-control self-boundary issues:

1. _____

2. _____

3. _____

4. _____ completion

5. Our _____

6. _____

7. _____ abuse

Many of these issues are signs of need for a deeper _____ from shame, abuse, victimization, deep past pain, etc.

We generally can't resolve these boundary issues on our own.

We will likely need to seek (1) _____ help and (2) a strong group of _____ to support.

Boundaries with _____

1. God _____ our boundaries
2. God asks us to respect _____ boundaries
3. The Human-Divine _____