

## **Eight truths about walls:**

1. A wall is an emotional barrier between people.
  - a. We use a different word than “boundary” to help distinguish
2. Walls shut us in and shut others out.
  - a. Unlike a boundary that allow for healthy relationship, walls prevent relationship.
3. A wall is built slowly, brick by brick, layer by layer, offense by offense.
  - a. How many times must I forgive?
4. A wall may exist between two people, built through personal offence.
  - a. Judas Iscariot
5. A wall may exist between a person and groups of people, built through different offenses of more than one people.
  - a. I will never go back to that church.
  - b. I will never go to their house again.
6. A person may have one or more walls.
  - a. Towards a person
  - b. Towards a church
  - c. Towards a neighbor
7. A wall may have been built on truth.
  - a. The pain happened, was real, deep, and wrong.
8. A wall may have been on misperceptions and assumptions.
  - a. Through a lens of brokenness, sin
  - b. The pain you feel is because of your brokenness
    - i. A child shuts herself in her room after being disciplined

## **Examples of what builds walls:**

- A painful series of events
  - Bullying, teasing, mocking
  - This space...this person...these people are not safe
- Abuse
  - Physical, Emotional

- Unforgiveness

**The wall is an emotional-relational reality. People say they feel:**

- Safe
- Protected
- Justified
- Peace

**People actually feel:**

- Shame
- Fear
- Pain
- Neglect
- Rejection
- Betrayal
- Confusion
- Regret

*Safety and Security are an illusion because the underlying feelings that erected the wall still exist.*

**Our walls allow us to:**

- Avoid
  - Common when wall is between me and a person.
  - Pretend nothing is wrong.
  - Give us a reason to not engage someone.
- Hide
  - Common when wall is between me and a group.
  - I can't even be around these people.
  - But then we never deal with the pain, abuse, etc.

- Stay Superficial
  - No deep relationships
  - No risk
- Punish
  - “I’ll so \_\_\_ them”
  - Silent treatment
- Hesitate
  - We know we should put a healthy boundary in place, but can’t because the wall is there.
  - We know we should reconcile, but always find a reason/excuse not to.
- Non-involvement/shut down
  - To shut down and to shut others out.
  - To cut off from the relationship(s).
- Remain isolated in our own world
  - We become self-absorbed.
  - We live for self, not others.
- Maximum control
  - I get what I want because the other can’t hurt me.
  - A sense of: If I \_\_\_\_, then she will \_\_\_\_ .
  - These don’t work because you can’t predict or control other people’s behavior.
- Defense mechanism
  - If I cut you out of my life or deem our relationship not “real,” you can’t hurt me.
- Not deal with unforgiveness
  - I refuse to forgive
  - The other person’s more to blame...I’m waiting for them to go first

### **Eight ways to remove walls:**

1. See the wall for what it is...an unhealthy barrier that prevents healthy relationship.
  - a. Make friends with your emotions: Several times each day, close your eyes, focus inward, and ask yourself, “What am I feeling?” Pay attention to how you feel about things, and listen to those feelings. Know that your feelings matter.

- b. Take your own needs seriously: Override the unspoken childhood rule *DON'T ASK*. Tell the people in your life when you need help or support. And then let them help you
2. Open our heart to love and a wise circle of friends
  - a. Identify the healthy, trustworthy people in your life, and talk to them about difficult things in your life and difficult things in their lives. Talk about things you never would have before. Be vulnerable. Talk, talk, and talk some more.
3. Turn to God for help
  - a. He is our protection
    - i. Wisdom
    - ii. Community
    - iii. Compassionate, strong spiritual leaders
  - b. Tear down the stronghold
  - c. Forgiveness
    - i. For where we've contributed to the problem
4. Enter into a spiritual transformational relationship
  - a. If I can only change myself, then I will work on changing what needs to change about me.
  - b. Discipling will help you know yourself.
    - i. Brokenness, pain, sinful nature, triggers
  - c. Discipling will help you know God.
    - i. His love, acceptance, grace, will
  - d. Discipling will help you heal.
5. Draw support and accountability from others in safe, challenging relationships
  - a. Fill your life with quality people. Meaningful relationships are a primary source of richness, connection and meaning in life.
  - b. They can help us reflect
  - c. They can help us reframe
6. Get professional help if necessary
  - a. If the feelings that come up are difficult to handle, please find a trained therapist to support and help you learn to tolerate and manage them.
7. Seek reconciliation as appropriate
  - a. Forgive as necessary
  - b. Unhealthy relationships won't always restore to the ideal

8. Once a wall is removed, a boundary is then established
  - a. Allows for a healthy relationship
  - b. Allows for negotiation
  - c. Allows for Feedback and growth
  - d. Not every relationship is a keeper

**Add to this...**

1. Overcome fear with courage.
2. Banish doubt with faith.
3. Release shame and embrace acceptance.
4. Let go of resentment and embrace love.
5. Stop comparing and start being thankful.
6. Stop complaining and start changing.

# Establishing Boundaries

# Removing Walls



## Boundaries and Walls: Week 5

*Understanding and Removing Walls*

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**Eight \_\_\_\_\_ about walls:**

- A wall is an emotional \_\_\_\_\_ between people.
- Walls shut us in and shut others \_\_\_\_\_.
- A wall is built \_\_\_\_\_, brick by brick, layer by layer, offense by offense.
- A wall may exist between \_\_\_\_\_, built through personal offence.
- A wall may exist between a person and \_\_\_\_\_.
- A person may have \_\_\_\_\_ walls.
- A wall may have been built on \_\_\_\_\_.
- A wall may have been on \_\_\_\_\_ and assumptions.

**Examples of what \_\_\_\_\_ walls:**

- A \_\_\_\_\_ series of events
- \_\_\_\_\_
- \_\_\_\_\_

The wall is an \_\_\_\_\_ - \_\_\_\_\_ reality. People say they feel:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

People \_\_\_\_\_ feel:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Safety and security are an \_\_\_\_\_. The underlying feelings that erected the wall still \_\_\_\_\_.*

**Our walls \_\_\_\_\_ us to:**

- \_\_\_\_\_
- \_\_\_\_\_
- Stay \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Non-involvement/ \_\_\_\_\_
- Remain \_\_\_\_\_ in our own world
- Maximum \_\_\_\_\_
- Defense \_\_\_\_\_
- Not deal with \_\_\_\_\_

**Eight ways to \_\_\_\_\_ walls:**

1. See the wall for what it is...an \_\_\_\_\_ that prevents healthy relationship.
2. Open our heart to love and a \_\_\_\_\_ of friends
3. Turn to \_\_\_\_\_ for help
4. Enter into a spiritual \_\_\_\_\_ relationship



5. Draw support and \_\_\_\_\_ from others in safe, challenging relationships
6. Get \_\_\_\_\_ help if necessary
7. Seek \_\_\_\_\_ as appropriate
8. Once a wall is removed, a \_\_\_\_\_ is then established

**Add to this...**

1. Overcome fear with \_\_\_\_\_.
2. Banish doubt with \_\_\_\_\_.
3. Release shame and embrace \_\_\_\_\_.
4. Let go of resentment and embrace \_\_\_\_\_.
5. Stop \_\_\_\_\_ and start being thankful.
6. Stop \_\_\_\_\_ and start changing.