

**Q:** What's been some of your most significant learning this past six weeks?

**Q:** What are some of your most burning questions?

## **How to Measure Success:**

1. Learning the early warning signals (i.e. resentment)
  - Paying attention to your feelings
    - Resentment
  - Caring about other's feelings
    - Able to see if you've crossed a boundary
2. Feeling drawn to people with healthy boundaries
  - Like gravitates to like
3. Joining the family, community
  - Becoming more differentiated
  - Able to move closer to people
  - No longer cut-off
4. Treasuring our treasures
  - A change in values
  - A change in priorities
  - Taking on responsibility
  - A healthier love of self
5. Practicing small steps
  - Beginning in a safe space
  - Saying yes and no to small, simple things
6. Rejoicing in guilty feelings
  - It means you're doing something
  - Starting to change
  - Prioritizing relationships over circumstances

7. Practicing a major boundary
  - Addressing the big ‘no’s in your life
  - Perhaps re-examining unhealthy, resistant friends
8. Rejoicing in the absence of guilty feelings
  - Your feelings are now following your healthy actions
  - More certain doing the right thing
  - Celebrate that boundaries are eliminating unhealthy feelings
9. Loving the boundaries of others
  - Gaining respect for others
  - Gaining a respect for boundaries
10. Freeing ourselves to say No and Yes
  - Empowered
11. Value-driven goal setting
  - Not feelings-driven
  - Not script-driven
  - Priorities are what’s important, not urgent
12. Deepening relationship with God

### **Helping resolve boundaries checklist:**

- What are the symptoms?
  - Pray for wisdom
  - Pay attention to negative emotions
  - Watch for conflicts
- What are the roots (especially in my life)?
  - Pray for wisdom
  - Look into family of origin
  - Examine past pain/trauma
  - Get others’ perspective

- What is the boundary conflict?
  - Pray for wisdom
  - Use what you now know to figure out the boundary issue
  - Tap the knowledge of others
  
- Who needs to (how can I) take ownership?
  - Pray for strength
  - Use what you now know to figure out the boundary issue
  - Take responsibility for what you need to be responsible for
  - Take responsibility for what you need to be responsible to
  - Don't take on another's responsibility
  
- What do they (I) need?
  - Pray for help, resources
  - Support of friends in a safe space
  - Healing
  
- How do they (I) begin?
  - Pray for direction
  - Determine a small boundary goal
  - Practice with safe people
  
- How do they (I) set boundaries?
  - Pray for courage
  - Begin with a small or easy boundary
  - Resolve to have a courageous conversation
  - Monitor, negotiate, keep moving forward
  
- What happens next?
  - Rejoice
  - Make it happen
  - Grow
  - Mature
  - Heal

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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 7

*Moving towards healthy relationships and healthy boundaries*

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### How to Measure Success:

1. Learning the \_\_\_\_\_ signals
2. Feeling drawn to people with \_\_\_\_\_ boundaries
3. Joining the \_\_\_\_\_, community
4. Treasuring our \_\_\_\_\_
5. Practicing small \_\_\_\_\_
6. Rejoicing in \_\_\_\_\_ feelings
7. Practicing a \_\_\_\_\_ boundary
8. Rejoicing in the absence of \_\_\_\_\_ feelings
9. Loving the \_\_\_\_\_ of others
10. Freeing ourselves to say \_\_\_\_\_ and \_\_\_\_\_
11. \_\_\_\_\_ - \_\_\_\_\_ goal setting
12. Deepening relationship with \_\_\_\_\_

### Helping resolve boundaries checklist:

- What are the \_\_\_\_\_?
- What are the \_\_\_\_\_?
- What is the boundary \_\_\_\_\_?
- Who needs to (how can I) take \_\_\_\_\_?
- What do they (I) \_\_\_\_\_?
- How do they (I) \_\_\_\_\_?
- How do they (I) set \_\_\_\_\_?
- What happens \_\_\_\_\_?