

Your
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Boundaries 101

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Why Boundaries

People talk about boundaries:

- 1) After realizing their life is unmanageable, feeling completely exhausted and overwhelmed
- 2) As an ongoing part of their journey; refining already established skills
- 3) After someone else has told you that YOU are stepping on THEIR boundaries 😊

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This isn't how
it's supposed to
be

In the Garden, God made clear what was and was not our responsibility and from the beginning we wanted more....

- We reached out for something that wasn't meant for us, yet?
- Adam didn't protect Eve from the voice of the Enemy and then blamed Eve when he was before God. (BLAME SHIFT)
- Eve didn't believe God at His Word and began to doubt His goodness for her. (DIDN'T PROTECT WHAT SHE HEARD)

When we talk about boundaries, we recognize there are two types of boundaries

- Physical Boundaries
- Internal/invisible boundaries

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Why are
boundaries
important?

Boundaries are not walls but fences with gates

- They let the good in and keep the bad out.
- They will allow you to have better relationships.
- It provides stability and safety.
- You will have an increased sense of well being.
- You will have better time and capacity management.
- You will still face conflict, unhealthy people, triggers, confrontation and temptation to go back to your old ways of doing stuff that used to serve you.

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Boundaries DEFINE & PROTECT

Boundaries DEFINE AND PROTECT us

- Define:

- who we are and who we are not,
- what we own and don't own,
- what we like and don't like,
- gives clarity on what is our responsibility vs what is someone else.

- Protects:

- What is important to you
- What you hold value to
- Your time/resources (capacity)

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What did Jesus DO and NOT do?

How did Jesus Model Boundaries?

- What he DID:
 - Met his personal needs
 - Received support from friends
 - Enjoyed solitude
 - Enjoyed the moments (lived in the NOW)
 - He was unhurried
 - He released the outcomes to God
- What he DIDN'T do:
 - Respond to demands, threats, guilt trips
 - Abuse physically, verbally, emotionally, or sexually
 - Behave entitled
 - Fall for the bait of others
 - Manipulate
 - Operated with pride

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How Jesus had expectations and modeled boundaries

- **He had expectations of others:**
 - What do you want?
 - Do you want to get well?
 - Do you believe?
- **Jesus taught us examples of how to set boundaries:**
 - Personal prayer time
 - Speak the truth in love
 - Set priorities (you cannot serve two masters)
 - Please God not people
 - Trust and obey God
 - He didn't heal everyone- we can't do it all.

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Where Do Boundaries Begin?

Boundary Development

- Bonding is the foundation of boundary building. Rooted and established in His love. Where a child first learns how to feel safe.

Boundary Injuries: What goes wrong?

1. We learn: when I am good, I am loved, when I am bad, I am cut off/punished.
2. Overcontrolling parents
3. Parents with no limits
4. Inconsistent limits (children with parents in addiction)
5. Trauma (outside event; no one's 'fault')
6. Sin in the family somewhere that had a ripple effect

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Boundary Busters-
Codependency
People Pleasing
Performers-
COVERT control –
Not to be confused
with EMPATHY

Who and what you are responsible for:

- To others, not for others

When I Feel Responsible FOR others (Co-Dependent):

- I fix, protect, rescue, don't listen, carry other's feelings, control
- I feel tired, anxious, and fearful
- I am concerned with solutions, answers, being right, perform
- I manipulate others or situations so I feel better or safe
- I expect others to live up to my expectations

When I feel responsible TO others (Empathetic):

- I show empathy, encourage, confront, share, listen to hear not respond
- I feel relaxed, free, aware, reliable
- I am relating person to person and feeling my own feels
- I expect others to be responsible for themselves
- *PIT analogy*

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Boundary Busters Controllers & Narcissism OVERT CONTROL

Aggressive or obvious Controllers

They do not listen to people.

They tend to run over people.

They neglect their own responsibilities.

They don't accept others as they are (constantly trying to change them).

Manipulative Controller

They persuade people away from their boundaries.

They woo and talk others into a yes.

They indirectly manipulate the situation to stack deck towards their yes.

They seduce.

HERE IS THE CATCH, HEALTHY CONTROLLERS ARE PIONEERS AND DRIVERS AND QUITE SUCCESSFUL.

These folks are not WORSE than the co-dependents and sometimes we are them!

You can be co-dependent in one area of your life and the aggressor in another area. FIND YOUR BALANCE

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Boundary Buster - Blame

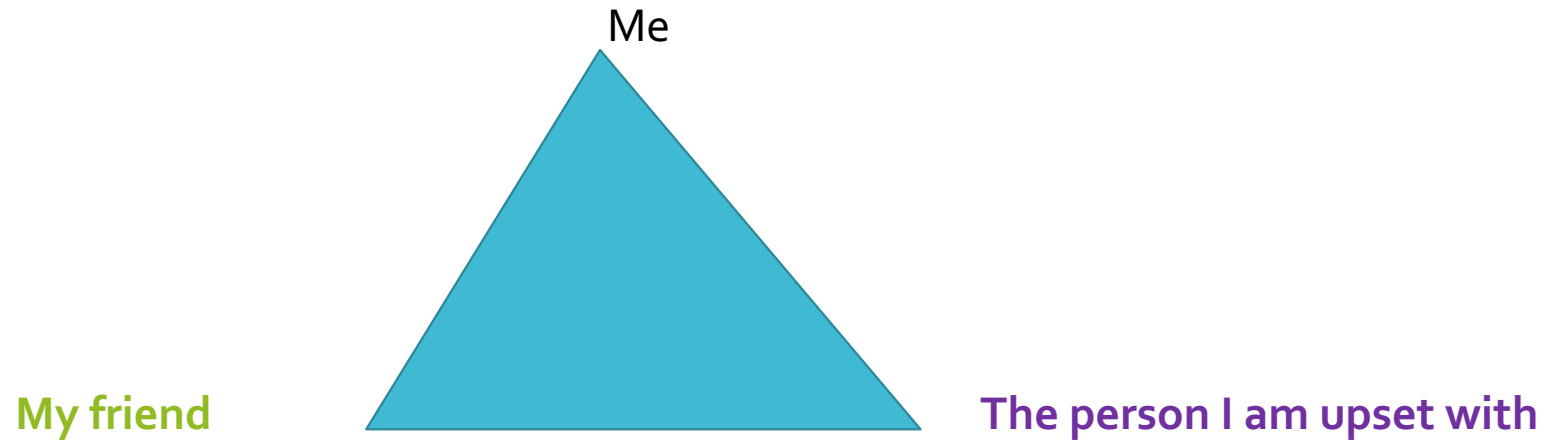
Boundary Buster - Blame

- Blaming squashes empathy.
- It puts the focus on the other person without looking inside first.
- Blame blocks vulnerability and real connection.
- **Look for this when you are dating!**

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Boundary Buster- Triangulation

Boundary Buster- Triangulation



Triangulation:

When we go to anyone other than the person where the offense is, we create a triangle.

Matthew 18:15-17

- ¹⁵ "If your brother or sister^[a] sins, ^[b] go and point out their fault, just between the two of you. If they listen to you, you have won them over. ¹⁶ But if they will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.'^[c] ¹⁷ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.

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Boundary Healer -
Healthy
Confrontation:
showing up face to
face

Principles of healthy confrontation- Ask for what you need

1. Don't raise your voice. Don't invade space. – You don't need to be BIG
2. Don't attack (not physically, mentally, or emotionally).
3. Don't Blame.
4. Don't deviate. Don't gaslight. Don't shift focus.

Know what are your goals before you confront. Are they healthy/helpful? Are you willing to ask for what you need?

- 1 – Lean into “negative” emotions.
- 2 – Be willing to have the tough conversations.
- 3 – Learn how to really listen. (listen to hear and not respond)
- 4 – Don't look to others for your own self-worth.
- 5 – Have the courage to get curious.
- 6- Do you want to be right or in relationship?

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Boundaries and YOU

Facing our own internal boundaries- Finding our Spirit Mate won't fix these but expose these.

- **The out-of-control soul**
 - Food (binging, over-eating, over dieting)
 - Money (impulse spending, lack of budget, no savings, living beyond means, repeatedly bailing others out)
 - Time (over-booking, showing up late, missing deadlines)
 - Task incompleteness (taking on too many tasks)
 - Words (hide intimacy from talking too much, dominate, gossip, sarcasm, over flattery, massage the truth, seduce/manipulate)
 - Sexuality (not limited to: affairs, pornography, masturbation)
 - Drugs/Alcohol

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Boundaries in Dating

Consider All the Ways to create safety for your heart, mind, body and spirit

Level 2 Dating: Discovery Dating

physical behavior, spiritual content, emotional energy (taking on each others stuff), your story, your time

Level 3 Dating: Exclusive Dating

Beginning More time in each other's world Marriage minded

physical behavior, spiritual content, emotional energy (taking on each others stuff), your story, your time

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Boundaries in Dating & Marriage

Talk the same language

When the sentence starts with:

- I FEEL: Listen with the intent of understanding. They are blowing off steam, not asking you to take any action. Pray with them when they are done.
- I THINK: Listen as they process their thoughts out loud. Contribute ideas when they are done. Pray with them.
- I KNOW: Listen knowing they are speaking more out of conviction or belief here. When done, counsel together with them to discern. Pray with them.
- I NEED: Listen, consider how to meet that need. Pray with them.

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Boundaries in Dating & Marriage

Wants/Desires

- **Desires**- each take responsibility of their own wants/desires. Who is responsible for your WANT. If it is YOUR WANT, YOU must work to getting it fulfilled. And sometimes we don't get everything we want, and we must work to not punish others but rather learn that sometimes we will be disappointed.
- Marriage is about working through CONFLICTING WANTS: COMPROMISE 😊

Limits on what I can give

- We have to notice when we give past the 'love' point to 'resentment' point.
- Often spouses will do more than they really want to and then resent the other for not stopping them from over giving.

ADULTS MAKE STATEMENTS. CHILDRENT EXPLAIN

Breakout Questions

1. Did you grow up with too many or too little or inconsistent boundaries? As an adult do you tend to have too many, too little or inconsistent boundaries?
2. Control has its place, but can be a big boundary buster. Do you find that you are more the covert or overt controlling person?
3. Which other boundary buster have you been guilty of? Blaming, or triangulation or both?
4. In Dating, which boundary is the hardest one for you to manage: physical, emotional, spiritual or your story