

Boundaries 101

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*Your
Last Year
Single!*™

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 😊
- 4) Come to this with humility

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.
- Eve didn't believe God at His Word and began to doubt His goodness for her.

We all want healthy boundaries but....

- Trying harder isn't working
- Taking responsibility for others isn't working
- We forget our ownership when managing our boundaries

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.
- Boundaries without consequences is fences with HOLES. Only you can enforce them.
- Boundaries is not just one fence line but multiple layers.

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's

- Protects:

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

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

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
 - Be honest and direct
 - Set priorities (you cannot serve two masters)
 - Learn to please God not people
 - Trust and obey God
 - He didn't heal everyone

Where Do Boundaries Begin?

Boundary Development

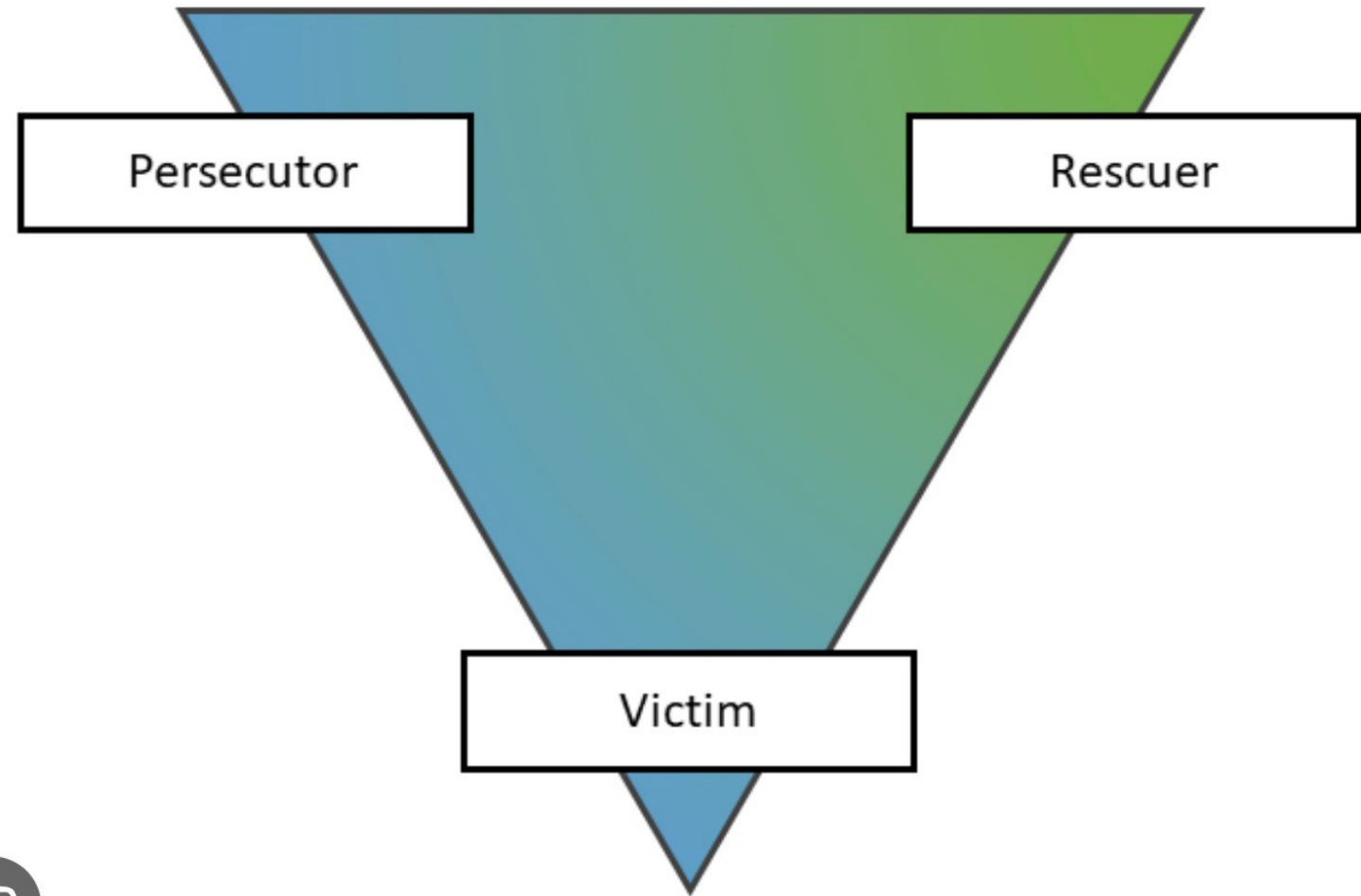
- Bonding is the foundation of boundary building. Rooted and established in His love. Where a child first learns how to feel safe.

Boundary Injuries: What can go wrong?

1. Basic Building Bricks have holes and cracks (holes are things you should have received, and cracks are things that happened to you that harmed you)
 1. We all need physically safety, emotional security, financial stability and consistency..
2. Unhealthy parents:
 1. Overcontrolling parents
 2. parents with no limits
 3. Inconsistent limits (children with parents in addiction)
3. This determines someone's baseline for normal.

Boundary Buster- Unhealthy Relationships

- The Karpman Drama Triangle



Boundary Busters- Victim

Victims/Blamers

- Wants everyone to take care of them.
- Won't take responsibility for their mess or mistakes.
- Are not reliable.
- Will take and take and take.
- Complain people don't take them seriously.
- They resort to blaming others and even God for their trauma and drama.
- Blaming squashes empathy.
- It puts the focus on the other person without looking inside first.
- Blame blocks vulnerability and real connection.

Boundary Busters- Hero/Rescuer codependent

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

Boundary Busters- Persecutor, Victimizer Controller (rooted in fear)

Aggressive 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.

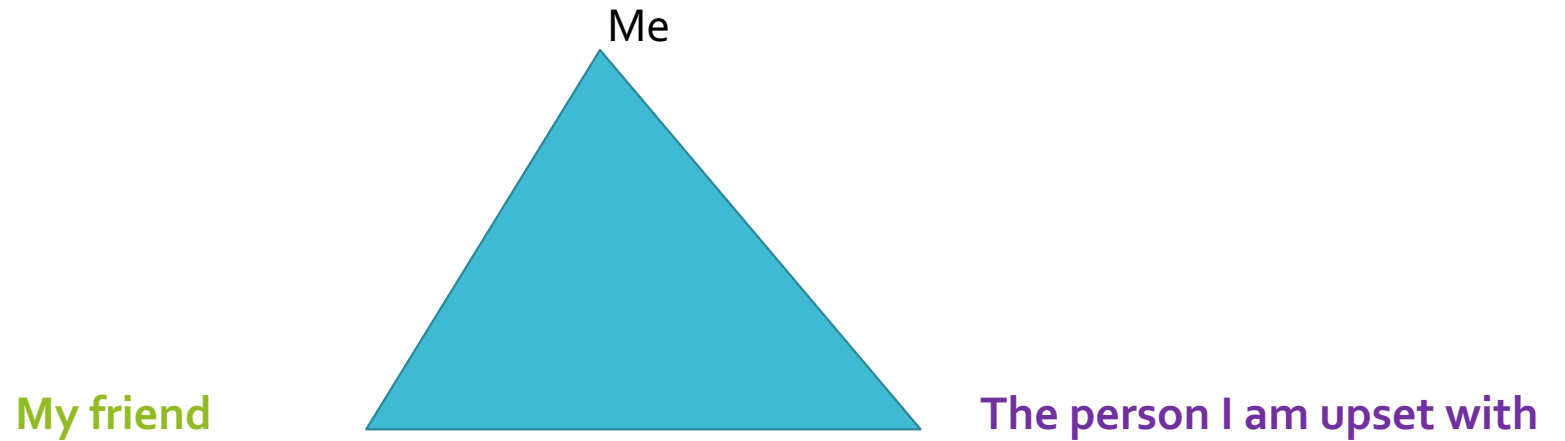
They indirectly manipulate the situation to stack deck towards their yes.

They seduce.

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

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.

Boundary Healer - Healthy Confrontation: showing up face to face

Principles of healthy confrontation

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. Speak in a manner that invites them in. They need safety.
5. S.L.S (SLOWER – LOWER- SOFTER)

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 go in looking for them to determine your self-worth.
- 5 – Have the courage to get curious.

Boundaries YOU & God

Get your PIES in order

1. Physical (food, movement, healthcare)
2. Intellectual (Do you have a teachable, learner spirit?)
3. Emotional (how are you handling stress, workload, your schedule, your time, your capacity, your emotions)
4. Spiritual (alone time abiding with God, worship, Word, discipleship, corporate community, and serving)

Examine those building blocks. What still needs healing?

Perfectionism moves God out of your center.

When your
boundaries are
in jeopardy

Pay attention to your HABITS

1. H - HUNGRY
2. A - ANGRY
3. B - BORED
4. I – ISOLATED
5. T – TIRED
6. S - STRESSED

TAKE CARE OF YOURSELF IN THIS PLACE. IT IS IMPOSSIBLE TO EXERCISE HEALTHY BOUNDARIES WHEN YOUR HABITS OUT OF WACK.

Boundaries in Dating

Consider the layers to you

Think of you and your relationship with God at your center core. That is private space for only you and God. You need to have a healthy core to do healthy boundaries. Think of health in terms of PIES. (Physical, Intellectual, Emotional and Spiritual)

Next out of that ring may be children.

Further out would be your closest confidants.

Next out of that circle are coworkers, church friends, other friends

PAST these circles is the men you are starting to date. **This is where level 2 dating should sit.**

Boundaries in Dating

Level 2 Dating: Discovery Dating

Ahead of time think of your life story: your past, your present and your future. Begin to think of what parts of your story you would share to a:

- Stranger, someone at work, at church, friends you see in social settings. THIS IS LEVEL 2 CONTENT.

LEVEL 2 DATING SHOULD INCLUDE EXPERIENCES SO YOU ARE NOT STARTING TO SHARE TOO MUCH.

LEVEL 2 DATING MEANS YOU WON'T BE SICK, FEEL GHOSTED, USED, REJECTED, ETC. IF IT ENDS. DISAPPOINTED BUT NOT DEVASTATED.

Level 3 Dating: Exclusive Dating

3A: You have decided to press pause on talking to others to focus on each other. This is time to date among your friends and maybe even family. This about what you would share with close good friends but not your deepest 'posse' ride til you die gals.

3B: You are starting to talk about a future together. You toy with marriage, parenting, SYMBUS. You start to share the things you tell your closest friend in bits and pieces and see how they protect that. You only need to share the part of your trauma and triggers you feel safe to. You may choose to do this with a counselor

Boundaries in Marriage

Marriage Communication- Use this as a reference in communicating

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 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.
- **ADULTS MAKE STATEMENTS. CHILDRENT EXPLAIN**

Boundaries with Children

Instilling & Repairing Boundaries

- Allow them to talk about their anger. Find a release.
- Allow them to express grief, loss, or sadness without trying to initially cheer them up and talk them out of their feelings
- Encourage them to ask questions and not assume your words are perfect or equal to Scripture. (this takes a very secure parent)
- Ask them what they are feeling when they seem distressed or isolating. Help them put words to their negative feelings. Let them draw it out, act it out, play a song, etc. Be creative.
- Teach them that they cannot take ownership of their needs until they identify them.
- Once they realize their needs, they learn they are responsible for filling them, not someone else. (this varies as the child increases from dependent, to interdependence to independent)
- Help them have a sense of control and choice at times
- Teach delayed gratification
- Teach your children to respect the limits of others

Take Inventory

- Chances are the health of your boundaries are in different places in various places in your life. It may not be all bad or all good.
- Boundaries are a practice. It is not a skill you learn once and are done.
- Remember you need a healthy CORE with God and healthy PIES! (Physical, Intellectual, Emotional and Spiritual)

Take inventory of your boundaries with:

- You and God
- Family
- Close friends
- Casual friends
- Coworkers
- Church friends