

My Boundaries



A boundary is a rule that you create for yourself about how other people are allowed to treat you. You get to choose how comfortable you are with the things that others say or do to you. You also get to decide what and how much information you want to share with others. Use this handout to learn more about boundaries and answer the questions below to figure out what your boundaries look like!

Boundaries include:

HOW OTHERS TOUCH YOU

What kind of touch do you allow from a friend? A family member? A stranger?



If you ever feel uncomfortable or

unsafe because someone is "crossing" your boundary, it is best to stand up for yourself and let them

PERSONAL SPACE

Who is able to stand close to you? How close do you want them to be?

HOW OTHERS TALK TO YOU

How do you want others to speak to you? Who is allowed to call you by a nickname?

WHAT OTHERS KNOW ABOUT YOU

Who do you share your feelings and secrets with? Who is allowed to know where you live or how to find you?

Do other people have boundaries too?

Yes! Other people have rules too about how you can treat them and how much they want you to know about them. It is important to remember this and to be respectful of the boundaries that they set for themselves!





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Boundaries in Marriage Henry Cloud, John Townsend, John Sims Townsend, 2002-07-23 Improve your relationship with your spouse Gain life changing insights on What boundaries are why they re vital to a healthy marriage and how each partner can establish them How values form the structure and architecture of marriage How to protect your marriage from intruders whether other people or personal idols How to work with a spouse who understands and values boundaries and a spouse who doesn't It Takes Two Individuals to Become One Flesh Only when a husband and wife know and respect each other's needs choices and freedom can they give themselves freely and lovingly to one another Boundaries in Marriage gives the couples in your group the tools they need By applying the powerful biblical and relational principles presented in this ZondervanGroupware TM couples can make a good marriage better and even save one that s headed for disaster This leader s guide gives you the clear step by step instructions you need to maximize interaction support and insights within your group Most of the preparation has been done for you just follow the easy to use lesson plan complete with helpful tips Because this book includes the full text of the participant's guide it's the only guidebook you need to track page for page with your group Sidebar Boundaries in Marriage sessions 1 What s a Boundary Anyway 2 Applying the Ten Laws of Boundaries to Marriage 3 Setting Boundaries with Yourself 4 Values One and Two Love of God and Love of Spouse 5 Values Three and Four Honesty and Faithfulness 6 Values Five and Six Compassion and Forgiveness and Holiness 7 Resolving Conflict in Marriage 8 Some Warning Signs to Help Your Marriage Boundaries in Marriage kit includes 1 105 minute VHS DVD included use either one 1 Leader's quide 1 Participant's quide 1 Boundaries in Marriage softcover book Also sold separately Boundaries Henry Cloud, John Sims Townsend, 2007 1 What is a Boundary Safe People Henry Cloud, John Townsend, 1995-05-20 Finding safe people provides the foundation for building healthy lasting relationships Here's how to identify safe people This workbook applies the lessons of Safe People to help people find those relationships that will help them grow Hiding from Love John Townsend, 1996 The author helps reders explore and identify the hiding patterns they have developed and guides them toward the healing grace and truth that God has built into safe connected relationships with Himself and others

ReGroup Henry Cloud, Bill Donahue, John Townsend, 2007 In this revolutionary new curriculum Henry Cloud Bill Donahue and John Townsend establish a whole new training paradigm one that equips leaders and groups simultaneously and gives them everything they need to start and sustain a life changing group All it requires is a small group and a DVD player Four sixty minute sessions train leaders and group members in the foundational values and practices of becoming a life changing

community These sixty minute sessions are the foundations of small groups that include teaching by the authors creative segments and activities and discussion time The group has the chance to review and learn new group life techniques during the year with Thirteen five minute coaching segments on topics such as active listening personal sharing giving and receiving feedback prayer calling out the best in others and more Each session includes a mix of three elements Teaching by the authors Creative segments such as modeling dramas person on the street interviews personal stories testimonies creative multimedia etc Small group activities and processing discussion time The four sessions include Session 1 provides a foundational experience that helps group members get excited about the adventure and life changing power of small group life Exercises and guided discussions create an initial sense of connection safety and most of all fun Session 2 focuses on introducing values ground rules and logistical issues Relationships are deepened through the group's assessment and discussion of the values most important to them while exercises facilitate group ownership of these issues Session 3 unpacks each of the five key values through in depth teaching and practical examples Group members learn that all are responsible for implementing the five values in the life of the group and they practice applying two of the values during the session Be real and accept one another Session 4 transitions the group to running on its own Exercises help the group clarify what their focus will be and what they want to do in their next meeting the first meeting without the DVD curriculum This session also provides an inspiring wrap up for the course that casts vision for what the group can become if it lives out its values The Life Changing Power of Group Life DVD and Participants Guide are available separately **Raising Great Kids for Parents of Preschoolers** Henry Cloud, John Townsend, John Sims Townsend, 2000-04-25 Raising kids of character is a daunting task so there s no better time to start than when they re young The first few years of life is the most critical period of growth and development Infants start the process of trusting the love of Mom and Dad and God toddlers begin experiencing freedom and responsibility and children start understanding how to function in the real world In short this is the period in which a child s soul is developed As a parent you are right at the center of that process It s impossible to overestimate how important a role you play in rearing your child As the Bible teaches God shows us how to trust in him even at my mother's breast Psalm 22 9 But most parents feel overwhelmed by the complexity of the job With so many things to worry about how do you know the real tasks and goals of parenting Many moms and dads become discouraged or don t know where to start We wrote Raising Great Kids and developed this curriculum to help you In this video curriculum just as in the book we offer you a structure for approaching parenting We provide a road map for creating character in your children the ability to function as God designed them to function in the world The biblical principles set forth in the book apply to all ages and stages of kids so you can use them as a guide for all the years you parent This video curriculum however deals specifically with infants toddlers and preschoolers It addresses in a practical hands on manner situations and issues you encounter with children five years old and younger Our goal is to help empower parents of these children moms and dads like you to become intentional and effective in your parenting We re glad you ve decided to invest the time and effort in your children by working through Raising Great Kids for Parents of Preschoolers We pray that God will use this study to help your parenting be the successful and worthwhile relationship he designed it to be We appreciate your labors as a parent and may God bless you Boundaries with Kids: When to Say Yes, How to Say No Henry Cloud, John Sims Townsend, 2003-02 When to say yes when to say no to help your children gain control of their lives Boundaries in Dating Henry; 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G.K. Hall Bibliographic Guide to Dance New York Public Library. Dance Division, 1999 Crossing Boundaries Seymour B. Sarason, Elizabeth M. Lorentz, 1998 In this book Seymour Sarason and Elizabeth Lorentz offer a penetrating analysis of the pitfalls and possibilities inherent in collaborations between and within organizations They present a new paradigm for the management of people and resources and show how organizational collaborations can be successful

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