

Boundaries

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<p><u>What is a boundary?</u></p> <p>Boundaries show us what we are responsible for. They define <i>what is me</i> and <i>what is not me</i>. Knowing what you are to own and take responsibility for gives you freedom. Boundaries help keep the good in and the bad out.</p>	<p>Boundary Examples</p> <table border="1"> <tr> <td><i>Skin</i></td> <td>physical boundary</td> </tr> <tr> <td><i>Words</i></td> <td>NO! Be clear about your no and your yes. Communicating your feelings, wants and intentions and dislikes.</td> </tr> <tr> <td><i>Truth</i></td> <td>Honesty about who you are gives the biblical value of integrity.</td> </tr> <tr> <td><i>Geographical distance</i></td> <td>Physically removing yourself from a situation.</td> </tr> <tr> <td><i>Time</i></td> <td>Taking time off from a person, or project may help regain ownership of an out of control aspect that needs boundaries.</td> </tr> <tr> <td><i>Emotional distance</i></td> <td>A temporary boundary to give your heart a safe space.</td> </tr> <tr> <td><i>Other people</i></td> <td>Sometimes you need support to build a boundary or say no.</td> </tr> <tr> <td><i>Consequences</i></td> <td>back up your boundaries with consequences.</td> </tr> </table>	<i>Skin</i>	physical boundary	<i>Words</i>	NO! Be clear about your no and your yes. Communicating your feelings, wants and intentions and dislikes.	<i>Truth</i>	Honesty about who you are gives the biblical value of integrity.	<i>Geographical distance</i>	Physically removing yourself from a situation.	<i>Time</i>	Taking time off from a person, or project may help regain ownership of an out of control aspect that needs boundaries.	<i>Emotional distance</i>	A temporary boundary to give your heart a safe space.	<i>Other people</i>	Sometimes you need support to build a boundary or say no.	<i>Consequences</i>	back up your boundaries with consequences.
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<p><u>What's within a boundary?</u></p> <p>Feelings, attitudes and beliefs, behaviors, choices, values, limits, talents, thoughts, desires and love.</p>																	

Boundary Problems		
	Can't say	Can't hear
NO	The Compliant Feels guilty and or controlled by others; can't set boundaries	The Controller Aggressively or manipulatively violates boundaries of others
YES	The Nonresponsive Sets boundaries against responsibility to love	The Avoidant Sets boundaries against receiving care of others

Laws of Boundaries	
Reaping and Sowing	This is the law of cause and effect, and can be interrupted by 'rescuing' which leads to codependence.
Responsibility	You are responsible for yourself. "Give to needs and put limits on sin."
Power	Boundaries help decide what you do and don't have power over. "God grant me serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference." You do not have the power to change other people, you influence them by changing yourself.
Respect	We fear that others will not respect our boundaries. We have to accept others' freedom so we do not feel guilty or angry when they set a boundary with us.
Motivation	When giving and doing are motivated by fear instead of love. Fear of abandonment, other's anger, loneliness, guilt, payback, approval.
Evaluation	Evaluate the effects of setting boundaries and be responsible to the other person, but do not avoid setting boundaries because someone responds with hurt or anger.
Proactivity	Establish proactive instead of reactive boundaries. Proactive people are known by what they stand for rather than what they are against.
Envy	Envy defines good as what I do not possess and hates the good that it has. It keeps us insatiable and dissatisfied. Envy focuses outside of our boundaries.
Activity	Boundary problems stem from lack of initiative. You must be assertive and active, not passive. You must hatch yourself.
Exposure	Your boundaries need to be made visible to others and communicated to them in a relationship. Do not have secret boundaries.

Boundary Myths

If I set boundaries, I'm being selfish.	Boundaries mean that I am angry.
Boundaries are a sign of disobedience.	When others set boundaries, it injures me.
If I begin setting boundaries, I will be hurt by others.	Boundaries cause feelings of guilt.
If I set boundaries, I will hurt others.	Boundaries are permanent, and I'm afraid of burning my bridges.

Boundaries and Work

1. Getting saddled with another person's responsibilities.

- It is perfectly legitimate to bail out a responsible coworker.
- If you are being saddled with another person's responsibilities and feel resentful, you need to take responsibility for your feelings and realize that your unhappiness is not your coworkers fault, but your own. You first must take responsibility for yourself, then you must act responsibly to your coworker.
- Say no! If that person gets angry remain calm and firm in the boundary you have set.
- Do not justify why you cannot do someone else's work. This makes the person think you would do it if you were able.

2. Working too much overtime

- "Poor planning on your part does not constitute an emergency on my part"
- Employees are afraid to set limits because they fear losing their job or disapproval.
- Make a list of the tasks you need to complete in the next week, month, year
- Make an appointment to see your boss to discuss your overload, have your boss prioritize!
- Job overload is your problem and it is your responsibility to do something about it. Stop being a victim and set limits!

3. Misplaced priorities

- Know what you can and can't do, and say no to everything else.
- Strive to do excellent work and spend your time on the most important things.
- Set a meeting agenda with time limits.

4. Difficult coworkers

- You only have the power to change yourself, you cannot change another person. You can only change your reactions.

5. Critical attitudes

- Do not internalize an overcritical person's opinion of you and get down on yourself.
- You can't control an overcritical person, but you can limit your exposure to that person physically and emotionally.
- Do not try and gain approval from an overcritical person, you will fail and feel controlled.

6. Conflicts with authority

- A troubled relationship with a boss may be transference: present feelings that belong to unfinished business in the past.
- Your reaction to a comment from your boss may tap into unresolved hurt from past authority relationships. Ex. Your boss wants a task done differently than you planned. You think 'he never thinks I do anything right, I'll show him.'
- Strong reactions to an authority figure? Look inside to see if the feelings are familiar or remind you of someone in the past.
- You need to work out you feelings to be able to deal with others without transference.

7. Expecting too much from work

- Workplace should be supportive, safe and nurturing FOR WORK – to help people learn, grow, improve and get the job done.
- Your needs for support and emotional repair should happen outside of work, not from colleagues.

8. Taking work-related stress home

- Face work issues directly so that work does not emotionally control your life, or your job will own you.
- Put limits on extra time at work so it doesn't cost relationships and other things that matter.

9. Disliking your job

- Work is a part of your identity because it taps into your gifts.
- People that cannot find a true work identity may have not been able to own their gifts, talents, wants and desires because