

Generous People Set Boundaries

If you don't set boundaries you are giving yourself away. With boundaries you only give what you want which means you can afford to be generous to more people over a longer period of time.



A boundary shows me where I end and someone else begins, leading me to a sense of ownership.

BOUNDARIES

HAVING GOOD BOUNDARIES
IS MORE THAN STOPPING BAD
THINGS FROM HAPPENING TO YOU.
IT IS ALSO ABOUT TAKING
RESPONSIBILITY FOR THE GOOD
THINGS YOU WANT TO HAPPEN.

HOW TO HAVE THAT
DIFFICULT CONVERSATION

Opportunities become
threats when we don't have
boundaries.

Dr. Henry Cloud

<http://bdentzy.com/boundaries>

BOUNDARIES

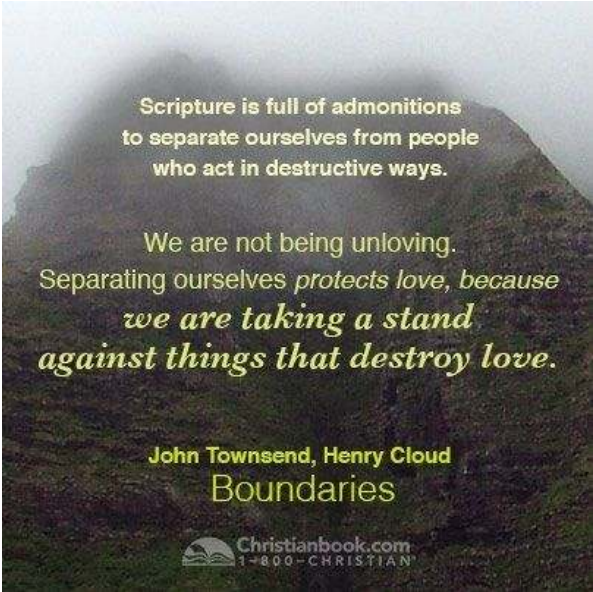
If you **KEEP** your
boundaries, those
who are angry at you
will have to **LEARN**
self-control for
the first time, instead
of "other control."

DR. HENRY CLOUD & DR. JOHN TOWNSEND

BoundariesBooks.com

SAYING YES FEELS GOOD,
BUT A GREAT RELATIONSHIP
IS ONE WHERE YOU CAN SAY NO
AND EVERYONE IS TOTALLY
OK WITH IT.

DR. HENRY CLOUD



Scripture is full of admonitions to separate ourselves from people who act in destructive ways.

We are not being unloving. Separating ourselves *protects love, because we are taking a stand against things that destroy love.*

John Townsend, Henry Cloud
Boundaries

 Christianbook.com
1-800-CHRISTIAN

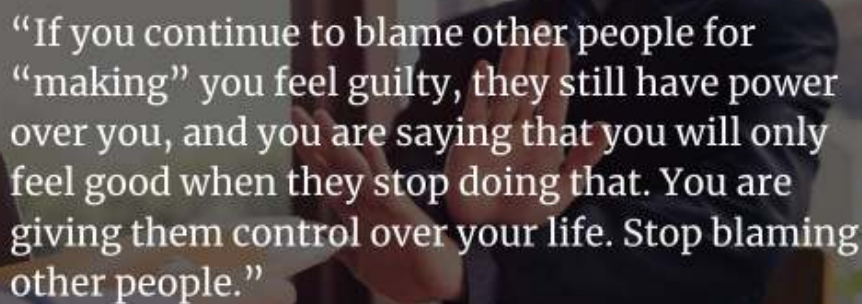
When you refuse to forgive someone, you still want something from that person, and even if it is revenge that you want, it keeps you tied to him forever.

Henry Cloud & John Townsend

Boundaries in Marriage is not about fixing, changing, or punishing your mate. If you aren't in control of yourself, the solution is not learning to control someone else. The solution is learning self-control, one of the nine fruits of the Spirit (Galatians 5: 23). So don't look at this book as a way to make someone else grow up. It is more about taking ownership of your own life

Henry Cloud, John Townsend
Boundaries in Marriage

#kindlequotes



“If you continue to blame other people for “making” you feel guilty, they still have power over you, and you are saying that you will only feel good when they stop doing that. You are giving them control over your life. Stop blaming other people.”

- Henry Cloud

Four
Minute
Books

Healthy Boundaries

- It is not my job to fix others
- It is okay if others get angry
- It is okay to say no
- It is not my job to take responsibility for others
- I don't have to anticipate the needs of others
- It is my job to make me happy
- Nobody has to agree with me
- I have a right to my own feelings

“NO” IS A COMPLETE SENTENCE.”

ANNE LAMOTT

TOOLSFORMOTIVATION.COM

Forgive, But Guard Your Heart

Many people are too quick to trust others in the name of forgiveness and not make sure that the person is producing "Fruit in keeping with repentance" (Luke 3:8).

To continue to open yourself up emotionally to an abusive or addicted person without seeing true change is foolish.

Forgive, but guard your heart until you see sustained change.

Book: Boundaries
By Dr. Henry Cloud and Dr. John Townsend

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Boundaries are basically about providing structure, and structure is essential in building anything that thrives.

HENRY CLOUD

GRACIOUSLIFE.COM

When family boundaries dysfunction...

TOO ENMESHED

- No one feels entitled to own thoughts, feelings
- One person speaks for everyone
- Individual privacy impossible
- Ambitions beyond family disloyal

TOO DIFFERENTIATED

- No unifying hopes, dreams, values
- Little sense of belonging
- Feelings denied
- Appearances important
- Minimal communication

What type of family do you have?

Dysfunctional

- Conflict, misbehaviour and even abuse by family members is common
- Other family members accommodate to the behaviour
- Children believe that this is normal
- The parents are pre-occupied with their own issues

Functional

- Family members respect each other and negotiate differences without personal abuse
- All family members feel safe to say what they think and feel valued
- The parents believe that it is their job to provide their children physical and emotional security and support their growth.

Dysfunctional families deny they have issues, Functional Families work through their issues. Everyone has issues!