

A
RESOURCE
GUIDE TO

KEEPING YOUR
COOL

WEEK 2

YOUR BEST YES
GOD'S PLAN FOR HEALTHY BOUNDARIES

THINGS TO THINK ABOUT:

Christians often focus so much on being loving and giving that they forget their own limits and limitations. Have you ever found yourself wondering:

1. *Can I set limits and still be a loving person?*
2. *How do I answer someone who wants my time, love, energy, or money?*
3. *Why do I feel guilty or afraid when I consider setting boundaries?*

--Boundaries Book

PRACTICAL APPLICATION:

- *What areas in your life, (physical, mental, emotional, etc.) do you need healthy boundaries?*
- *Ask God to help you identify those areas and to lead you in creating healthy boundaries.*

SUGGESTED RESOURCES:

CLASSES:

BOUNDARIES CLASS
Offered at NCCTK throughout the year

BOOKS:

The Best Yes by Lisa Terkeurst

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life
by Henry Cloud & John Townsend

Changes That Heal
by Henry Cloud

Other books & audio by Henry Cloud:
Hiding from Love
How People Grow
How to Have That Difficult Conversation You've Been Avoiding

COMMON BOUNDARY MYTHS

*Based on “Boundaries” by Dr. Henry Cloud and Dr. John Townsend
For a complete understanding of Myths, read the book and/or take the class*

Myth #1: If I Set Boundaries, I’m Being Selfish

Appropriate boundaries actually increase our ability to care about others.

Myth #2: Boundaries Are a Sign of Disobedience

Saying No for the right reasons may be best for everyone.

Myth #3: If I Begin Setting Boundaries, I Will Be Hurt by Others.

Loving people with the healthy boundaries involves risk.

Myth #4: If I Set Boundaries, I Will Hurt Others

Healthy boundaries are loving, even when people interpret them as hurtful.

Myth #5: Boundaries Mean I Am Angry

Anger may reveal busted boundaries; Healthy boundaries reduce resentment.

Myth #6: When Others Set Boundaries, It Injures Me

If I feel injured by another’s boundary, I need to ask myself “Why?”

Myth #7: Boundaries Cause Feelings of Guilt

Feelings of guilt may reveal conditional relationship, which probably needs a boundary.

Myth #8: Boundaries Are Permanent, and I’m Afraid of Burning Bridges

Boundaries may be adjusted any time the time is right.