



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MAY 21, 2007



Loving Limits

Featuring
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Visit CCN on the web at www.ccn.tv

I. Introduction

Without boundaries—limits in a relationship—it's hard to have love

Forgive us our trespasses...
—The Lord's Prayer

A boundary is a kind of property line

In the interpersonal world, we don't walk around with fences

How do you know you've stepped over someone's boundaries?

You don't, unless someone tells or shows you

II. Why Boundaries?

If we define the property lines, then we know who owns the property

Boundaries define

- Where you end and someone else begins
- Who owns what's going on
- Who's in control and responsible

*“Is it not lawful for me
to do what I wish with
what is my own?”*
—Matthew 20:15

Love only works in a context of freedom and responsibility

When we control each other, we try to make each other extensions of ourselves
instead of free people—and that's when love breaks down

Everyone loves freedom—until they're disappointed

What we do in the space of disappointment makes love thrive or break down

III. Kinds of Boundaries

Boundaries that define you:

- Who you are, where you end and another begins

When someone asks you where you want to eat, you're defining yourself

Or there's pseudo-intimacy or pseudo-connection if you're just adapting

Don't let anyone squeeze you into something you're not

*Do not be conformed to
this world.*
—Romans 12:2

Boundaries that are values: David in Psalm 101

What are your personal values that you draw the line around?

Boundaries that are separateness from others

It's normal to have time together and time apart

We're designed for oneness and separateness at the same time—because that's how God is, too

Boundaries that are limits on yourself

- What you are and are not willing to do

Boundaries that are limits with others' behavior

If another starts to hurt you, that's when you close the gate

³*I will not set before my eyes anything that is base. I hate the work of those who fall away; it shall not cleave to me.* ⁴*I will not set before my eyes anything that is base. I hate the work of those who fall away; it shall not cleave to me.* ⁵*Him who slanders his neighbor secretly I will destroy. The man of haughty looks and arrogant heart I will not endure.* ⁷*No man who practices deceit shall dwell in my house; no man who utters lies shall continue in my presence.*
—Psalm 101:3-5, 7

IV. Why it is Hard to Set Boundaries

Fear of the other's abandonment, rejection or anger

“Good” training

If you had a self-centered parent who manipulated, you're trained to believe you don't have space on earth

“Old tapes” from that relationship are playing in your head

You may over-identify with the one who's upset

The Stockholm Syndrome: hostages may come to identify with the abuser

Lack of skills

V. Setting Boundaries

1. You're not responsible *for* other people, you are responsible *to* them

²Carry each other's burdens, and in this way you will fulfill the law of Christ. ... ⁵for each one should carry his own load.

—Galatians 2:2, 5

2. Get your balance sheet in order

- Have your tell-the-boss-to-go-stick-it money saved up
- Have a strong support system so you can confront and risk the conflict
- Get your team together

3. Do the work on the past that you need to do

If another adult has power over you, you're reliving some prior relationship

³⁹...because of their fathers' sins they will waste away. ⁴⁰But if they will confess their sins and the sins of their fathers...

—Leviticus 26:39-40

4. Practice your skills

Whatever happened between 15 months old and now, you need to re-learn the steps

People with no boundaries usually lack them because they're trying to preserve love

And people who try to preserve love by not having boundaries are the ones who lose love

People with boundaries build the greatest amount of love

Next week, *Solutions* is on hiatus

Next time on *Solutions*: “Seasons of Life”

Resources:

BOOKS:

How to Have that Difficult Conversation You've Been Avoiding

By Drs. Henry Cloud and John Townsend
www.zondervan.com

Changes that Heal

By Dr. Henry Cloud
www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend
www.zondervan.com

How People Grow

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