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Introduction

The *Boundaries* study takes participants on a unique journey - of spiritual growth, challenge to change, problem solving, recovery, and hope. It offers practical help, encouragement, insight and wisdom to all who struggle with their inability to say no, as well as to anyone who seeks to live a healthy and balanced life.

This DVD study is based on the book *Boundaries – When to Say Yes, How to Say No, to Take Control of Your Life* by Dr. Henry Cloud and Dr. John Townsend. The course emphasizes the importance of setting healthy boundaries in order to have healthy relationships. It will help people already in healthy situations to improve their relationships - as well as provide badly-needed guidance to those whose lives are out of control. Many will discover painful realities about their lives – the family they grew up in, present relationships, addictive behaviors, codependency – and will be challenged to accept personal responsibility and ownership in order to experience new freedom. Your group will be asked to minister to one another in a spirit of openness and love.

How to Use this Series

This series is divided into eight (8) sessions. Each session is designed to use DVD content (Dr. Cloud and Dr. Townsend) along with small group interaction. You should plan at least thirty minutes of discussion for each DVD session. Depending on the amount of time you have, you may decide to spend two periods on some sessions.

Due to the interactive nature of the material, a small group (6-8 individuals) is best for processing the information. However, if you have a large group interested in this DVD study, we suggest watching the DVD together first, and then breaking off into small groups for discussion. The small groups should remain the same throughout the entire series, as trust must be built between members in order to facilitate sharing. The atmosphere should be one of a warm and caring community of believers gathered together to encourage one another.

As with most small groups, a discussion leader for this series does not need to have all the answers. However, you should be willing to honestly share your own struggles, conscientiously prepare for each group session, consistently pray for the group, and be a person who can guide interaction, offer support, and assist with follow-up. You need to realize you are investing your time in people – trust God to give you His wisdom.

If you would like additional information on how to facilitate a small group, we suggest you use the book, *Making Small Groups Work* by Dr. Cloud and Dr. Townsend.

Each Session Contains

- Main Ideas
- Numerous Scripture References referred to in the DVD and/or the Book: This includes those instances Dr. Cloud and Dr. Townsend quote the Scripture as part of their text, but do not cite where it is found in the Bible.
- Notes to the Leader
- Before the DVD: Offers ideas to get you into the topic material. Once you have begun this series, it is helpful to begin each session with a time for group members to share what they have been learning. Limit this time based on the length of your meeting.
- View DVD:
Make sure you check your equipment before the class begins! Also, note the amount of time you need. As you preview each session, you may decide to cover the material in smaller segments with discussion interspersed between the DVD content.
- Discussion Questions:
Choose the questions which will best fit your group.
- Close the Session with Prayer:
We suggest the leader close for the first two sessions and after that encourage members of the group to pray for themselves and one another.
- Student Sheet:
This is a reproducible sheet for you to hand out at the beginning of each session. It contains an outline of the presentation and will help participants to stay focused on the topic. Please take time to copy this and hand it out – it will prove invaluable as you process this material.

This Boundaries Leaders' Guide has been adapted for use with the "New & Updated" Boundaries DVD recorded in 2012.

Helpful Hints

- We recommend that you read the book, Boundaries – When to Say Yes, How to Say No, to Take Control of Your Life, by Dr. Henry Cloud and Dr. John Townsend. Encourage the group members to read it too, as there is some great information contained in the book that is not included in the DVD.
- Preview the DVD segment you will play for the group before each session.
- Pray for wisdom.
- This material can be used in many different settings, including church school classes, small study/sharing groups, and retreats. Having a Bible on hand will be a great addition to this study.
- A strong emphasis in the DVD content is the need for 'connections' – people who support and encourage one another. Planning for this to happen during your time together will greatly enhance the impact of this series on the individual lives of those who participate. Some ideas to consider as you plan for developing a sense of community:
 - Recruit a team to plan, pray and process together.
 - Train your small-group leaders to guide interaction, offer support and encouragement, and to assist with follow-up. These individuals must be willing to honestly share their own stories.
 - Create an atmosphere for sharing, growth, and healing.
 - Pray daily for your team, your small group, and yourself.
- Using a workbook or journal can be a helpful tool for people as they individually process this information. Encourage the individuals in your group to try this form of reflection.
- The reproducible Student Sheets can be used in your group or sent home for additional study.
- Consider what may be needed weekly in terms of follow-up. Do you need to offer ongoing support groups? Is there a need for specialized groups such as single parents, prayer partners, or grief recovery? Get the names of several good counselors to recommend for individual or group therapy, and be prepared to recommend existing support groups in your area.

Tips for Leading Group Discussion

- Develop a genuine interest in each person.
- Be trustworthy. Remind the group that what they discuss should remain within the group.
- Model openness and honesty. Share your own insights and struggles.
- Allow group members to participate at their own comfort level. Everyone need not answer every question.
- Ask your questions with interest and warmth.
- Be flexible: Reward questions if necessary. Take the liberty of adding or deleting questions to accommodate the needs of your group members.
- Listen carefully.
- Remember, no answer is too insignificant. Encourage and affirm each person's participation.
- Allow for (and expect) differences of opinion and experience.
- Do not be afraid of silence. Allow people time to think – don't panic. Sometimes ten seconds of silence seems like an eternity. Some of this material is difficult to process – allow people time to digest the question and *then* respond.
- If possible, avoid rows of chairs or sitting in pews (especially for small-group interaction.)
- Close each session with prayer.

Overview/Getting Started:

We are glad you have decided to join us in this life-changing study! You'll discover how the ability to set boundaries will change your life - and the lives of those you love - for the better.

When Dr. Cloud & Dr. Townsend wrote Boundaries, many people were becoming aware of the problem of co-dependency. They found themselves in the position of enabling an out of control person, and saw the damage it caused emotionally, physically or financially. Yet, Christians seemed to believe they could simply love someone out of an addiction or other problem lifestyle. Christians wanted to know what the Bible had to say about boundaries.

Boundaries are deeply biblical; Matthew 18 gives us a clear picture of how healthy boundaries should work. The Bible is very clear that love and limits can and do coexist. God is a model of boundaries for us. Sometimes the message of boundaries seems contradictory to what people have been taught. While God wants us to love others and to be patient, forgiving and forbearing, He also wants us to be truthful and to require that others take responsibility for their own choices. Boundaries help us to continue to love others, even when we say no to them and hold limits when appropriate. The Bible has much more to say on this issue, and the book Boundaries was intended to help bring clarity to all these questions and concerns.

Play DVD: Boundaries Introduction at your first meeting. (10 minutes)

Ask the group members to give their feedback about the information that Dr. Cloud has shared.

Option 1: Play the DVD Introduction and discuss the information presented. Ask group members for their impressions and what they hope to gain from this study. Assign the first two Chapters of Boundaries in preparation for your meeting next week.

Option 2: Play the DVD Introduction and discuss the information presented. Next play Session 1, and begin the group discussion using the Session 1 material from this Leader's Guide. Assign the first two chapters of Boundaries in preparation for your next meeting.

What Is a Boundary?

Session 1 – Dr. Cloud

Main Ideas

- Trying harder, being nicer, and taking responsibility for others doesn't make our lives work better.
- Boundaries are a 'property line'. Their purpose is to help us know what we are responsible for and what we are not responsible for.
- The functions of a boundary are to: keep good in and bad out, act as an alarm system, help us to withdraw, and protect our freedom.
- Examples of boundaries include: skin/body, words (truth), geographical distance, time, emotional distance, and other people.
- The Three Treasures (referred to as FAB): Feelings, Attitudes (including convictions, belief, doctrine, and reality), and Behavior.

Some Scriptures listed in the book or DVD

Matthew 5:3-6
 Proverbs 4:23
 Proverbs 6:16-19
 Matthew 18:15-17
 Proverbs 22:3

Ecclesiastes 4:9-12
 Matthew 6:21
 Matthew 13:45-46
 2 Corinthians 5:10

Notes to the Leader

- It may be helpful to have copies of the book, Boundaries, available at your first meeting. Contact Cloud-Townsend Resources at (800) 676-4673 for group discounts.

Before the DVD

- Introduce yourself to the group and share some of your own experience with developing healthy boundaries, or what you have learned as you prepared to teach these sessions.
- Have participants introduce themselves to the others in the group and share briefly what they hope to learn/experience in this class.
- Word association – have the class brainstorm 'words' (phrases, images, single words, etc.) they associate with the following:

Boundaries	Ownership	Responsibility
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*If possible record responses on a whiteboard, chalkboard, flipchart or something similar.

View DVD (30 minutes)

Content: Opens with a story from Chapter 2
Definition of boundaries
The purpose of boundaries
The function of boundaries
Examples of boundaries

Discussion Questions

- Which concept expressed in this session seemed new to you?
- Was there any concept that seems confusing?
- Which concept do you find easiest to apply to your own life?
- Which boundary example was most helpful to you?
- As a class, define and describe 'boundaries' as explained in today's DVD session.

If time permits, use the Student Sheets provided for a more in-depth discussion of this material. If you don't have ample time, you may suggest that the group members take this sheet home and complete it during this upcoming week. These answers will be a productive way to begin your next session.

Close the session with prayer.

Student Sheet for Lesson 1:

What is a Boundary?

Whose problem is it?

- As Dr. Cloud relates this first story from Chapter 2, can you identify who has the problem?

- List the areas of conflict for the father in this story:

- What were some the effects of the son's irresponsibility?
 - 1.
 - 2.
 - 3.

Boundary Definitions

- Boundaries are...

Name some of the functions of a Boundary

- 1.
- 2.
- 3.
- 4.

Student Sheet for Lesson 1: What is a Boundary?

Give some example of Boundaries

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Why do we need boundaries?

-
-
-

Who/what do I feel responsible for?

Who/what do I feel responsible to?

Where are the healthy boundaries in my life?

Where are the unhealthy boundaries in my life?

In the next few weeks, what will be the most difficult aspect of this material for me to incorporate into my life?

Student Sheet for Lesson 1:What is a Boundary?

Scripture Study

- What do the following Scriptures say about 'boundaries'?

Proverbs 4:23

Proverbs 22:3

Matthew 7:7-12

Matthew 22:37-39

Galatians 6:2-5

- In what ways can we develop healthy boundaries while at the same time caring for others in a Christ-like manner?

Having been through this first session, my own definition of a boundary is...

Additional Reading

For a greater understanding of this material we suggest you to read the book, Boundaries – When to Say Yes, How to Say No, to Take Control of Your Life, by Dr. Henry Cloud and Dr. John Townsend. Although some of the specific terminology is different in the book, the principles are the same as explained in the video. We will suggest specific sections of the book which help illustrate important points.

Read Boundaries Chapter 1: Sherrie's story and see if you can identify with her life.

Problems and Symptoms

Session 2 –Dr. John Townsend

Main Ideas

A lack of boundaries produces a variety of bad fruit. These show up in three main areas of life

- Clinical symptoms include: depression, resentment, rage or anger, and obsessive and compulsive behaviors.
- Relational symptoms stem from a sense of loss of freedom and loss of love.
- Functional symptoms include: inability to complete a goal or task, extreme disorganization, low energy level, and problems of concentration.

Important Scriptures

Clinical Symptoms	Relational Symptoms	Functional Symptoms
Matthew 7:16-19	Matthew 14:13	Genesis 1:27
Matthew 16:6	Matthew 6:34	1 John 5:1-3
Proverbs 13:12	1 John 4:18	Ephesians 2:10
Matthew 5:6		Romans 12:4-8
Galatians 5:1		Philippians 2:12-13
Proverbs 25:28		Exodus 18:1-27
		2 Corinthians 9:7

Notes to the Facilitator/Leader

- You are on a spiritual journey with a group of special people. You may have a variety of feelings – inadequacy, fear, excitement. Realize you are a partner in God's work of bringing hope, healing, and recovery.
- Consider as you prepare for this session how you can honestly tell your own story. Why symptoms do you see in your life that indicates boundary problems?

Before the DVD

- Review with the group: What is the purpose of boundaries in our lives?
- Ask the members of the group: Since we last met, in what new ways have you thought about or experienced the boundaries in your life?
- Give participants time to go through the 'Personal Inventory List' found on the Student Sheet.

View DVD (30 minutes)

Content: Clinical symptoms
Relational symptoms
Functional symptoms

You may choose to view the entire session at one time or in three separate sections (taking time to discuss each section before going on).

Discussion Questions

Clinical Symptom Questions

- Which clinical symptoms are you most familiar with (either from your own experience or from your interactions with others)?
- How can an awareness of our boundaries help us deal with these symptoms?
- Why is the concept of 'personal control' or 'ownership' essential to gaining control over clinical symptoms?

Relational Symptom Questions

- Why is the direct controller easier to deal with than a manipulative controller?
- Why are people often afraid to deal with their relational problems?
- When you experience relational symptoms, do they more often stem from a loss of freedom or from a loss of love? How do you usually resolve these feelings?

Functional Symptoms Questions

- "Boundaries are what give us a sense of purpose and direction." Do you agree or disagree with this statement? Why? How have you seen this 'lived out'?
- Which concept presented in this section was a new idea for you?
- When your boundaries are not defined, which functional symptom affects you first? How can you begin to gain control over this area of your life?

Complete these sentences:

- One reason I think people have difficulty in admitting they have a problem with the boundaries in their lives is...

- One symptom I struggle with is...
- I am often controlled by...
- When I discover or am confronted with a problem in my life, the typical way I handle it is to:
 - Blame someone else
 - Make an excuse
 - Avoid it
 - Deny it is real
 - Make little of it
 - Rationalize a reason for it
 - Deal with it
 - Other
- I would like to confront my problems by...

Close the session with prayer.

Student Sheet for Lesson 2: *Problems and Symptoms*

Personal Inventory List:

Check the items on this list that you presently experience (or have recently experienced) in your life.

- | | | | |
|--------------------------|------------------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | Worrying/Anxiety | <input type="checkbox"/> | Feeling defeated or left out |
| <input type="checkbox"/> | Loss of temper/Anger | <input type="checkbox"/> | Being disorganized |
| <input type="checkbox"/> | Feeling overwhelmed | <input type="checkbox"/> | High blood pressure |
| <input type="checkbox"/> | Headaches | <input type="checkbox"/> | Being envious |
| <input type="checkbox"/> | Inability to get things done | <input type="checkbox"/> | Ulcers |
| <input type="checkbox"/> | Depression | <input type="checkbox"/> | Fatigue |
| <input type="checkbox"/> | Inability to concentrate | <input type="checkbox"/> | Eating/drinking too much |
| <input type="checkbox"/> | Crying spells | <input type="checkbox"/> | Development of allergies |
| <input type="checkbox"/> | Feeling sorry for myself | <input type="checkbox"/> | Procrastinating |
| <input type="checkbox"/> | Feeling trapped | <input type="checkbox"/> | Overweight |

Others not listed:

Clinical Symptoms:

- 1.
- 2.
- 3.
- 4.

Relational Symptoms:

- 1.
- 2.

Functional Symptoms:

- 1.
- 2.
- 3.
- 4.

Student Sheet for Lesson 2: Problems and Symptoms

Optional Assignment

- Notice over the next month how many times you say yes when you mean no. Keep track during the next month (or week) when this happens. What are the results?
- Who do you spend your time needing something from, feeling frustrated with, wanting to be closer to, and having to resolve conflicts with? Try to reflect upon and write your answer to this question.
- As you begin to think about developing better boundaries in your life, evaluate how your life would change.

Scripture Study

- Read Psalm 139:23-24. Ask God to reveal to you in what area of your life you need to develop better boundaries.
- Read the story of Moses and Jethro found in Exodus 18.
 - Why was Moses close to burnout?
 - Were the needs of the people legitimate?
 - What did Jethro suggest?
 - What did Moses do?
 - What was the result?
 - What is the lesson?
- Read Romans 12:1-8. What principles/lessons are found in this passage?

Additional Reading

Boundaries, Chapter 3: Problems with Boundaries. Read Chapter 4: How Boundaries are Developed

Laws of Boundaries, Part 1

Session 3 – Dr. Cloud

DVD Main Ideas

- Law 1: The Law of Sowing and Reaping: We are personally responsible for our own actions and consequences of those actions.
- Law 2: The Responsibility 'for' and 'to' Law: We are responsible for our own feelings, actions, and behaviors. When we take responsibility for someone else, we keep them in an immature state.
- Law 3: The Law of Power and Powerlessness: We cannot change anybody else, but we can change ourselves with God's help.
- Law 4: The Law of Receiving Others' Boundaries: We need to learn to hear other people's no.
- Law 5: The Law of Motivation: Boundaries help us gain control of our own lives and fulfill what we were created for – love. When we have the proper motivation we experience freedom and responsibility.

Scripture References

Law 1	Law 3	Law 4
Galatians 6:7	Matthew 16:25 Galatians 5:22	Matthew 7:3-5 James 3:1-2
Law 2	Psalms 51:17 Philippians 2:6-11 Psalm 139: 23-24 1 Timothy 1:15 James 5:16 Psalm 68:5-6 Matthew 12:48 Matthew 5:23-24	Matthew 7:12 Matthew 19:16-22 2 Peter 3:9-10
Genesis 1:26-30 Psalm 90:10 Philippians 2:12-13 Hebrews 11 and 12 Galatians 6: 2,5 Luke 9:23 2 Corinthians 12:7-8		Law 5
		2 Corinthians 9:7 Romans 12:19 Isaiah 29:13 Galatians 5:1

Notes to the Leader

- Sessions 3 and 4 cover the 'Ten Laws', or principles, of boundaries. These principles are extremely important. Take the necessary time to

process this material to ensure your group members have a thorough understanding of it.

- You may want to design sessions 3 and 4 with the same format. Depending on the closeness of your small group and their willingness to share, you could:
 - Use the DVD content to introduce each law and follow each segment with small group discussion.
 - View the entire session and pick several questions from each segment to discuss.
 - View the DVD content and simply use the general questions.
 - Make each session into two sessions to allow for more discussion and sharing using all of the questions included in the Leader's Guide and some of your own.

Before the Video

- 'Before the DVD' ideas are not included for this session as there is a great deal of material that needs to be covered. Begin your session with a discussion of what the group members have been learning about boundaries. Keep in mind you have a lot of material to cover and leave ample time to play the DVD segment and have discussion.

View DVD (30 minutes)

Content: Law 1: The Law of Sowing and Reaping
Law 2: The Responsibility 'for' and 'to' Law
Law 3: The Law of Power and Powerlessness
Law 4: The Law of Respecting Others' Boundaries
Law 5: The Law of Motivation

Discussion Questions

Law 1- The Law of Sowing and Reaping

- Which idea in this section challenged you most?
- When the law of sowing and reaping is interrupted or suspended, somebody sows and the wrong person reaps. How have you seen this illustrated, or experienced it in your life?
- Give some examples of unhealthy 'sowing and reaping'.

Discussion Questions

Law 1 (cont.)

- How can you begin to develop healthy patterns of 'sowing and reaping'?

Law 2 - The Responsibility 'for' and 'to' Law

- Why do people tend to take on responsibilities for other people?
- Anytime we take responsibility *for* someone, we are creating infants. How does that make you feel? Why is it so hard to face the reality of that statement?
- Is there a relationship/responsibility in your life that you need to reevaluate in light of the two questions in this section?

Law 3 - The Law of Power and Powerlessness

- What does power and powerlessness mean to you?
- What makes it hard for you to admit that you are powerful enough to handle your problems alone?
- Which one of the six steps presented by Dr. Cloud is most difficult for you?

Law 4 - The Law of Respecting Others' Boundaries

- Read Matthew 7:12. Paraphrase this verse in reference to setting boundaries and respecting other's boundaries.
- In what ways do you respect others' right to say no? In what ways do you condemn their right to say no? How can you improve in this area?
- Why are we able to love more when we embrace the boundaries of others?

Law 5 - The Law of Motivation

- Which concept in this section do you struggle with most?
- Read 1 Corinthians 13. How are we able to love in the way these verses describe?
- What are your primary motivators? What do you want your motivators to be? What do you need to do in order to change?

General Questions

- What was the most helpful thing you heard today?
- What was the most difficult idea you heard today? Why?
- How is your understanding of boundaries changing?
- Which law are you going to focus on in the upcoming week?

If time permits, use the Student Sheets provided for a more in-depth discussion. If you don't have ample time, you may suggest that the group members take this sheet home and complete it during this upcoming week. These answers will be a productive way to begin your next session.

Close the session with prayer.

You might want to consider ending with the 'Serenity Prayer' to close.

God,

Give us grace to accept with serenity the things that cannot be changed,

Courage to change the things which should be changed,

And the wisdom to know the difference.

The Serenity Prayer [1934] Reinhold Niebuhr [1892-1971]

Student Sheet for Lesson 3: *Laws of Boundaries, Part 1*

What did you discover about yourself as you watched the video segment on the first 5 Laws of Boundaries?

Law 1: The Law of Sowing and Reaping

What did you learn about Sowing & Reaping?

Law 2: The Law of Responsibility

What has been the fruit of my love?

Law 3: The Law of Power

Under the Law of Power you will find a list of six things we have the power to do, name the ones that you find the most challenging?

- 1.
- 2.
- 3.

Law 4: The Law of Respect

What is an example of how we can respect others Boundaries?

Law 5: The Law of Motivation

Why is the law of motivation important?

Student Sheet for Lesson 3: Laws of Boundaries, Part 1

Scripture Study

- What do the following Scriptures say to you?
 - Galatians 6:7-9
 - Philippians 2:12-13
 - Matthew 7:3-5
 - Matthew 7:1
 - 2 Corinthians 9:7

Optional Assignment

- Choose one of the laws to reflect on and write about.
OR
- Choose one law *each day* in the upcoming week to think and write about.
- What behaviors show you are breaking or keeping the laws of boundaries?
- In what areas of your life is God challenging you to change?

Consider sharing with the group what you are learning about yourself in the area of boundaries.

Additional Reading

If you have not yet read Boundaries Chapter 5, this coming week would be a good time to do so: Law 1 – 5

Laws of Boundaries, Part 2

Session 4 – Dr. Townsend

DVD Main Ideas

- Law 6: The Law of Evaluation: Evaluating the Pain Caused by Your Boundaries:
There is a difference between hurt and harm.
- Law 7: The Law of Proactive Versus Reactive Boundaries:
Proactive means *freely choosing* to love, enjoy, and serve one another. Reactive means letting someone else define and direct who we are and what we do.
- Law 8: The Law of Envy: Envy is seeing the good as that which we do not have.
- Law 9: The Law of Activity: Boundaries are created in our lives when we do something. We must take the initiative and accept the responsibility for our feelings, attitudes, and behaviors.
- Law 10: The Law of Exposure: Internal boundaries need to be evident and communicated to others.

Scripture References

Law 6	Law 7	Law 8
Hebrews 12:11 Proverbs 15:5 Matthew 18:15-17	Proverbs 17:9	Romans 6:17
	Law 9	Law 10
	Matthew 14:22-33 Matthew 5:6	Ephesians 5:13-14

Notes to the Leader/Facilitator

- See the notes from Session 3.

View DVD (30 minutes)

Discussion Questions

Law 6: The Law of Evaluation

- What is the difference between 'hurt' and 'harm'?
- In what ways does pain help us grow?
- The best relationships are those in which we hurt each other by our no, but we stay connected because we give the other person grace. When have you experienced this type of relationship?
- Just because someone is screaming or crying doesn't mean something bad is happening!

Law 7: The Law of Proactive Versus Reactive Boundaries

- Define the difference between reactive and proactive. In which situations or relationships are you reactive? Proactive?
- Do you ignore and then zap?
- How can you move toward being more of a responder than a reactor?

Law 8: The Law of Envy

- In what ways does envy affect your boundaries? Your relationships?
- How can you begin to find happiness in what you have, not in what you want?
- If the best antidote to Envy is Gratitude, in what ways will you begin to embrace this idea?

Law 9: The Law of Activity

- Do you find it easy or difficult to take ownership? Why?
- The Bible encourages us to be active. What is one thing you are going to do before we meet again to strengthen your boundaries?

Law 10: The Law of Exposure

- In what ways do you make your boundaries evident and communicate your boundaries?
- Which one of the three signs do you struggle with most?

General Questions

- What was the most helpful thing you heard today?
- What was the most difficult idea you heard today? Why?

Close the session with prayer.

Student Sheet for Lesson 4: ***Laws of Boundaries, Part 2***

Law 6:

- 1.
- 2.
- 3.
- 4.

Law 7:

Law 8:

“Seeing...”

Ideas for turning envy into gratitude:

- 1.
- 2.
- 3.

Law 9:

Law 10:

Three signs that you are not communicating your boundaries properly:

- 1.
- 2.
- 3.

Student Sheet for Lesson 4: Laws of Boundaries, Part 2

Optional Assignment

- Choose one of the laws to reflect on and write about.
- OR
- Choose one law *each day* in the upcoming week to think and write about.
- Make a list of all the things you are envious of. Confess these to the Lord.
Make a list of all the things in your life you are grateful for.
- Ask yourself what you need to take more responsibility for and what you need to take less responsibility for. Which one of the 'Ten Laws' most affects that boundary? What can you do to change that situation/relationship?
- I am learning...
- Set little (7-day) and big (6-month) goals for changes in our feelings, attitudes, and behaviors.

Scripture Study

- Read Hebrews 10:38-39. What is the connection between faith and action?
- Read Ephesians 4:15. What are the risks of 'speaking the truth in love'?
- Read Hebrews 12:1-13. What is the purpose of discipline, pain, and trials?
- Read Matthew 14:22-33.
 - How did Peter show his faith in Christ?
 - What lessons can you learn from his experience?
 - In what ways are you like Peter?
 - In what ways are you different than Peter?
 - What can you do to have more faith?

The Myths about Boundaries

Session 5 – Dr. Cloud

Video Main Ideas

Eight common myths that a boundary-setting person may encounter are identified and refuted. Review these myths:

- When I say no or set a limit “I’m being selfish.” (There is a difference between being *selfish* and being *self-centered*).
- “I’m being disobedient if I say no.” (We are accountable to *God*, not *people*).
- “If I set limits, I’m going to lose love or be hurt.” (Fear of being abandoned, yet living without boundaries, usually means we aren’t really *connected* to others).
- “If I set boundaries, I will hurt others.” (Boundaries are defensive tools, they protect us – our *intention* is important).
- “Boundaries mean I’m angry.” (Actually, boundaries help us to be less angry).
- “When others set boundaries, it injures me.” (Relationships consist of a *balance* of togetherness and separateness, in that order).
- Setting a boundary makes me feel guilty or bad. “But they’ve done so much for me.” (Love is a free gift *without* a price tag or I.O.U).
- “Boundaries are permanent.” (Boundaries are always open to *change* by the boundary setter).

Scriptures Referred to in the DVD

Myth 1	Myth 2	Myth 3
Philippians 2:3-4 Leviticus 19:18 2 Corinthians 10:5	Luke 6:26 John 10:11-16	John 15:5 Ecclesiastes 4:10 Genesis 2:18 Luke 6:26
Myth 4	Myth 5	Hebrews 5:14
Romans 5:20-21 Romans 6:1	Proverbs 13:24	Myth 6 Proverbs 31
Myth 7		
1 John 4:18		

Notes to the Leader

- As you begin the second half of the series, take time to evaluate how the course is going. What can you do to be more effective?

Before the DVD

- Today's section is about the 'myths' of boundaries. One of the definitions of a myth is: a fiction that looks like a truth. Ask the group to share some of the 'myths' they have discovered throughout the past several weeks and how they have dealt with them.

View DVD (30 minutes)

Discussion Questions

Myth 1

- Do you agree or disagree with Dr. Cloud's definitions of 'selfish' and 'self-centered'?
- Was the idea of "stewardship" as it relates to boundaries a new concept for you?
- Does the example of the "good Samaritan" help you better understand boundaries?

Myth 2

- In what ways is it difficult to be discerning when dealing with this myth?
- When in your life have you not drawn good boundaries because of this myth? What happened?
- How can you keep from becoming a 'victim' of this myth?

Myth 3

- Have you ever been hurt by someone because of the boundaries you put into place? What happened?
- How can you develop better boundaries in the midst of being hurt by someone who doesn't want to live with your boundaries?

Discussion Questions

Myth 3 (cont.)

- Why is it so difficult to face the fact that you aren't really 'connected' to someone who can't accept your no?
- What is the most difficult aspect of this myth for you to deal with?

Myth 4

- What did you learn earlier about hurt vs. harm?
- If you try to rescue someone out of their discomfort, you may actually be harming them. In what ways have you done this?
- How does this myth affect you personally?
- What positive reactions have you had in response to your boundary setting? What negative reactions have you encountered? How are you beginning to see these responses differently (than you may have before engaging in this course)?

Myth 5

- Are there times when you have set boundaries because you were angry?
- In what ways do good boundaries help us be more loving?

Myth 6

- If someone says no to you, do you accept their no or are you okay with their setting a limit? How do you usually respond to others' boundaries (honestly)? Is this appropriate, or do you need to begin to change your attitudes and behaviors?
- Which idea challenged you most in this section?
- In your most important relationships, how do you maintain a balance of togetherness and separateness?

Myth 7

- What is your response to Dr. Cloud's idea that "when you respond to love in guilty compliance, you are not being loving"?
- Why is this myth so dangerous?
- In which situations or relationship do you need to change your attitude in regards to this myth?

Myth 8

- Do you fear that if you say no, you will cause someone to leave you forever?
- Do you feel free to set a limit or change your mind? In what ways have you changed boundaries in given situations or relationships?
- Why is it important to remember that you are responsible for your boundaries?

Discussion Questions**General Questions**

- What was one good thing you heard today?
- Which myth is most real for you?
- What is one fear you have as you set boundaries?
- In what area of your life do you most need to set healthy boundaries?

Close the session with prayer.

Student Sheet for Lesson 5: ***The Myths about Boundaries***

Name one important thing you discovered about each of the myths.

Myth 1:

Myth 2:

Myth 3:

Myth 4:

Myth 5:

Myth 6:

Myth 7:

Myth 8:

Student Sheet for Lesson 5: Myths about Boundaries

Optional Assignment

- Make a list of your experiences during the week and see if you encounter one (or more) of the myths. Record how you respond.
- When you set new boundaries, how do you feel? How do others respond to the new boundaries?
- Choose one of the myths to focus on. List all the ways you presently respond to this myth. List the possible steps you can take to respond more positively in the future.

Scripture Study

- Read Matthew 19:16-22. What is Jesus modeling about boundaries?
- Read John 2:13-17. What boundaries did Jesus have? What can you learn from this passage about your boundaries?
- Read Ephesians 4:2-7. List all the ideas in these verses that you can apply to your own boundaries.

Reading Assignment

Read Chapter 6: Boundary Myths

A Course of Recovery

Session 6 – Dr. Townsend

DVD Main Ideas

Dr. Townsend outlines 9 steps needed for recovery. We need to be patient and not skip these steps.

- Identify Sickness: A need to admit you have a problem before you can get help.
- Connection: A need to be in relationship with God and others.
- Identify Needs: Admit to unmet needs in your life – connection, separateness or boundaries, resolving the good-bad split, or adulthood.
- Receive the Good: Accept the grace of God incarnated in people.
- Roots and Grieve: Avoid the repetition compulsion.
- Forgiveness: Accept God's forgiveness and in turn be able to forgive yourself and others.
- Ownership: Accept responsibility for your feelings, attitudes, and behavior.
- Saying No to the Bad: Practice saying no to 'safe' people before you say no to 'unsafe' people.
- Failure: Be willing to accept it as part of the struggle of trying something new.
- Return to Step 1: When confronting your failure, be willing to begin the process again as you move toward recovery.

Scriptures Referred to in the DVD or Book

Psalms 139:23-24
Ephesians 6:12
Proverbs 26:11
Ecclesiastes 7:2
Luke 7:36-38
Exodus 20:4-6
Matthew 12:43-45

Psalms 1:3
Hebrews 5:14
Luke 22:31-34, 54-62
John 1:4-5
Romans 7:15-20
Genesis 19:26

Notes to the Leader

- This session is essential to working through the steps needed for recovery.
- There is no corresponding Chapter as this is additional material.

Before the DVD

- Use one of the two exercises found on the student sheet as your introduction to this session's topic (or allow participants to complete them on their own before showing the DVD).

View DVD (30 minutes)

Discussion Questions

Step 1: Identify Sickness

- Why is this first step of admitting we have a problem so difficult?
- What is one problem you struggle with?
- What is one problem you need help with?

Step 2: Connect

- How would you describe a 'warm community of faith'?
- When have you experienced this kind of community? What happened in your life?
- What do you need to do to find or be a part of this kind of community?

Step 3: Identify Need

- What is one of the unmet needs in your life that is affecting how you deal with your problems?
- Describe yourself by completing these two phrases:
 - I am...
 - Others think I am...

Step 4: Receive the Good

- What are the gifts you have received from God?
- Who brings good things into your life?
- Why is it difficult to accept these good things?

Step 5: Root and Grieve

- What do you need to let go of?
- Why are you afraid to let go?
- How can you grieve your losses in healthy ways?

Step 6: Forgiveness

- Who do you need to forgive?
- What do you need to do to begin the process of forgiveness?

Step 7: Ownership

- What treasures do you own?
- What else do you own today (problems, situations, history)?
- How do you feel about what you own?
- How can you take responsibility for it all?
- What do you need to let go of?

Step 8: Saying No to the Bad

- Who are the 'unsafe' people in your life?
- How can you begin to practice saying no in preparation for saying no to the 'unsafe' people you identified in question #1?
- What do you need from your 'safe' friends?
- How can the community of faith help you in this process?

Step 9: Failure

- What is the purpose of failure?
- What have you learned from your failures?

Step 10: Return to Step 1

- Why is this difficult?
- Why is this important?

General Questions

- Which of these steps is the most difficult for you?
- How can you continue in the *process*?

Close the session with prayer.

Student Sheet for Lesson 6:

A Course of Recovery

1. Understanding God's grace is an important aspect of the recovery process. Which definition of grace fits your life experiences? Why?

- | | |
|--|--|
| <input type="checkbox"/> Something said before meals | <input type="checkbox"/> Courtesy |
| <input type="checkbox"/> Opposite of punishment | <input type="checkbox"/> Name |
| <input type="checkbox"/> Undeserved gift | <input type="checkbox"/> Something we all need |
| <input type="checkbox"/> Ballet dancers have it | <input type="checkbox"/> Overlooking faults |
| <input type="checkbox"/> Getting what we don't deserve | <input type="checkbox"/> Other |

2. Right now, my problems are: (rank in order)

- | | | |
|--|-------------------------------------|--|
| <input type="checkbox"/> Self-confidence | <input type="checkbox"/> Finances | <input type="checkbox"/> Spouse |
| <input type="checkbox"/> Secrets | <input type="checkbox"/> Job | <input type="checkbox"/> Compulsive Behavior |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression | <input type="checkbox"/> Past Memories |
| <input type="checkbox"/> Relationship with God | <input type="checkbox"/> Children | <input type="checkbox"/> Other |

Name the Steps to Recovery that you think will be most helpful for you:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Student Sheet for Lesson 6: A Course of Recovery

Optional Assignment

- Identify a boundary problem in your life. Where are you in the process of the 'Steps of Recovery'? What do you need to do to continue on?
- Concentrate on forgiveness. Make up a 'Forgiveness List' with times and reasons you haven't forgiven yourself, or when others have hurt you. Write your feelings and thoughts about the memories.
- Example:

Reason / Act	Feelings / Thoughts
1. My father beat me when I was a child	1. angry, bad, confused, scared
2. I try to control my kids with threats and anger.	2. same worthlessness, anger

Scripture Study

- Read the story of Peter in Luke 22:31-34, 54-62. How did Peter fail? What did he learn from his failure? What did he go on to do?
- Read Colossians 3:13. What does this verse say to you?
- Read Philippians 2:1-2. What good news do these verses bring you?

Additional Reading

Part 2 - Chapters 7-15 - These 8 chapters address the various areas of life where we will encounter 'Boundary Conflicts'. Encourage the group to read all the chapters them though one or two of areas mentioned may be most helpful due to a particular situation.

Resistances to Boundaries

Session 7 – Dr. Cloud

DVD Main Ideas

If it was easy you would have already done it. In moving toward recovery or growth, we will always encounter some resistance. This resistance will either come from *external* or *internal* sources.

External resistance sources:

- Guilt: it is common for someone to try to make us feel guilty about saying no or setting a limit.
- Anger: A natural outcome of beginning the boundary process – we need connections with God and others to handle it, and we must actively set limits upon it. Proverbs 19:19
- Counter-moves or consequences: If you do that I will do (_____)
- Physical: Use available resources to deal with it; be empowered to confront it; do not be subdued into 'submission' to it.
- Pain of Others (real or entitled): Others' pain can cloud our judgment and we may be tempted to rescue. Evaluate your motives and the other's pain.
- Blame: Often people blame us if we won't rescue them out of the consequence of their own behavior.
- Real Needs: We are not God. We have limited resources. We are not able to meet everyone's needs. What can you realistically do?
- Forgiveness: Forgive others for not giving us what we may want.

Internal resistance sources:

We need to make sure we are giving because we want to, not because we feel we have to.

- Unmet Needs: Take ownership for these needs - and allow God to fill you, or get your needs met from healthy relationships.
- Unresolved Grief: It is hard to make right choices when you are experiencing loss or grief. Identify it and work through it.
- Internal Fears of Anger: Does someone's anger make you fearful?
- Fear of the Unknown: Take a leap of faith to face the uncertainties of tomorrow.
- Forgiveness: You must forgive others to be free
- External Focus: Blaming someone else instead of accepting personal responsibility keeps you trapped.
- Guilt: Do not let guilt messages control you. Be discerning as to its source.
- Abandonment Issues: Fear of someone leaving you.

Implementing boundaries will take work; but once you do, you will experience a newfound freedom in your relationships and your life.

Scriptures Referred to in the DVD or Book

John 11:12	Hebrews 12:1-2
Luke 14:28-30	Genesis 3:11-13
Deuteronomy 32:35	Romans 7:21-25
1 John 2:16	Hebrews 10:19-22
Luke 10:38-42	Matthew 10:34
Hebrews 11:1-40	Proverbs 19:19

Notes to the Leader

- This session may need some follow-up calls of encouragement, referrals for further counseling, prayer partners, etc.

Before the DVD

- Discuss with the group: Today's topic is 'Resistances to Boundaries'. What are some of the fears that keep people from setting boundaries?

View DVD (30 minutes)

Content: Four external resistance sources:

1. Anger
2. Guilt
3. Physical
4. Pain of Others

Five internal resistance sources:

1. Unmet Needs
2. Unresolved Grief
3. Fear of the Unknown
4. External Focus
5. Guilt

Discussion Questions

1. Which external resistance do you experience most often? How do you deal with it?
2. Which internal resistance do you experience most often? How do you deal with it?
3. What is one step you can take to overcome a barrier?
4. What do you need to help you take this step?
5. What is the worst thing that could happen if you faced this barrier head on?
6. What did you find most helpful in today's session?

Close the session with prayer.

Student Sheet for Lesson 7: *Resistances to Boundaries*

In moving toward recovery or growth, we will always encounter some resistance. This resistance will either come from external or internal sources.

Give four external resistance sources:

- 1.
- 2.
- 3.
- 4.

Five internal resistance sources:

- 1.
- 2.
- 3.
- 4.
- 5.

Student Sheet for Lesson 7: Resistances to Boundaries

Optional Assignment

- Focus on something you fear. Ask yourself, 'Why is this something I fear?' Write a prayer asking God to help you overcome it.
- Make a list of God's blessings. At the end of each day review how God has met your needs, helped with your barriers, enabled your recovery, etc.
- Focus on one of the resistances in your life. What can you do (or are you doing) to deal with it?

Scripture Study

- Read the story of Queen Esther found in the Old Testament book of Esther.
 - What resistances did Ester encounter?
 - What did she do to overcome her resistances?
 - What resources do I have to overcome what I face?
- Read: Matthew 28:20, Philippians 4:19, and 1 Peter 5:7. What promises do these verses hold? How can you apply them to your present situation?

Write a Note

- Of thanks to someone who has encouraged and enabled your growth.
- Of request for help to someone who could be with you in your recovery or could pray for you.

Additional Reading

Read Chapter 14: Resistances to Boundaries

Boundaries: Measure your success

Session 8 – Dr. Townsend

DVD Main Ideas

Review the steps which can help us measure our progress or success in setting boundaries.

- Step 1 Resentment
- Step 2 Join the Family
- Step 3 Look for a 'change of taste'
- Step 4 Begin treasuring the treasures
- Step 5 Baby "no"s
- Step 6 Rejoicing in the guilt
- Step 7 Grown-up "no"s
- Step 8 Guilt free boundaries
- Step 9 Love other's boundaries
- Step 10 A free no leads to a free yes
- Step 11 Mature boundaries
- Step 12 Service

Scriptures Referred to in the DVD or Book

Matthew 11:28-30
Ephesians 4:15-16
Psalm 101:6
Ruth 3:9

1 Corinthians 12
Matthew 21:28-32
Galatians 5:23
Luke 10:30-37

Notes to the Leader

- Be sure to bring closure to the series. Referrals for additional support, etc. are important.

Before the DVD

- There are no 'Before the DVD' exercises for this session. Encouraging the group to discuss what they have learned and where they will need additional support in boundary setting will be helpful.

View DVD (30 minutes)

Discussion Questions

1. Which item on the list presented in today's session are you presently experiencing? Explain.
2. What was one new insight you gained from today's session?
3. Are you going to be intentional in adding safe people to your new family?
4. Name a few of your passions, and identify what you will now treasure that you may have given up or put on hold.
5. Did any of the judging or guilt messages mentioned sound familiar?
6. Does knowing that boundaries are about being a good steward of what God gave you help you?

Wrap-Up

1. What is one important lesson you have learned from this series?
2. What is one boundary you have identified and have begun to work on?
3. How are you different from when this series began?
4. What has been your greatest joy throughout this series?
5. Where do you anticipate needing help?
6. You cannot make these changes alone. Where will you get the support you will need to continue living a life of freedom?

Close the session with prayer.

Student Sheet for Lesson 8: ***Boundaries: Measure Your Success***

There are twelve steps in the recovery process that can help us measure our progress.

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

Step 7

Step 8

Step 9

Step 10

Step 11

Step 12

Student Sheet for Lesson 8: Boundaries: Measure your Success

Optional Assignment

- Reflect on the boundary relationships/situations you have encountered over the past few weeks. Write down the following:

Boundary I set –

With whom –

Barrier faced –

Help received –

Outcome –

New boundary I want/need to set –

Fear I have –

Support I need –

Baby step to take –

- Continue to use your journal as a tool to help you reflect upon and evaluate your boundaries!

Scripture Study

- Read 2 Corinthians 12:9. Memorize this verse as a promise.

Additional Reading

If you read Chapter 1: A Day in a Boundary-less Life, you may want to read the final chapter of this book entitled 'A Day in a Life with Boundaries' Chapter 16, which is Sherrie (from Session 1) now living with real, healthy boundaries.

Sherrie's Story Revisited: Reader's Script

Need: Reader #1, Reader #2, and Sherrie

#1: Many weeks have passed since we first met Sherrie. She was at a pivotal time in her life – frustrated and disappointed with herself. She found out what didn't work: Trying harder, being nice out of fear, and taking responsibility for others.

Sherrie was suffering from several difficulties. She had real problems with boundaries. She took on her mother's loneliness, her boss's irresponsibility, her friend's crises, and her husband's immaturity. She just couldn't seem to take ownership of her life.

Now Sherrie has read and reread Dr. Cloud and Dr. Townsend's book, *Boundaries*, and given copies of it as gifts to the people just mentioned. She also attended the DVD study with a very supportive group. She has been intentional about changing her life with clear, healthy boundaries. Let's look in on a day in her life now.

#2: (6:00 AM) Surprisingly, Sherrie is already awake before the alarm goes off.

S: Boy, I feel great! I can't believe what a difference a full night of sleep makes. I'm ready to attack the day – no matter what comes!

#1: Those eight hours of sleep came at some cost. It meant telling her mom she couldn't spend hours visiting with her because Todd needed her help with his homework. And true to her nature, Mom pulled the old guilt trip on Sherrie - but this time it just didn't work.

S: I'm glad my group helped me role-play those kinds of encounters with my mom. Somehow she'll survive – and so will I.

#2: As Sherrie got dressed, she was aware of another change.

S: I can't believe this new dress is two sizes smaller than my old wardrobe! It has really paid off to take care of myself. If I must say so myself, I look pretty good.

#2: (7:00 AM) Breakfast time. And what's this? Amy, Todd, and Walt are actually cleaning up their own breakfast dishes. And they're on time for their rides!

S: This was not an easy change. Talk about resistance and arguments and failure! I just had to go on strike until they all got the message: "No food if no help in cleaning up!" And "No rescuing ride from me if you're late for your car pool."

#2: It took tough love, constant prayer, deaf ears to cries of betrayal, and supportive friends to help Sherrie stick to her new boundaries. But it seems things are settling down now that each person handles their *own* responsibilities - instead of Sherrie doing everything for them.

#2: (9:00 AM) At her office, Sherrie is actually early for her first meeting of the day.

S: What a difference – to be the first one on the scene, and to feel prepared! I'm sure my promotion to supervisor would not have happened if I hadn't rearranged my boundaries – God is good!

#2: (11:59 AM) Almost lunch time. The phone rings, and when Sherrie picks it up, she recognizes Lois's voice immediately. "Oh, I'm so glad you're there. I don't know what I would have done if you'd already gone to lunch."

- S: I need to tell her I'm on my way out for lunch and I will call her later in the day. For weeks I've confronted Lois about the imbalance in our relationship. When she needs me, she expects me to jump and help immediately. When I can't, she turns to someone else. She never asks how I'm doing – she needs me only when she thinks she has a dire emergency.
- #1: Sherrie found out what friendship was – and who her friends really were. It was a loss to give up what she had considered a long-standing, close friendship. But *true* friends try to understand one another's feelings.
- #2: (4:30 PM) Conference with Todd's fourth-grade teacher. The good report on his behavior was appreciated even more because both Walt and Sherrie heard it - and knew they shared in the credit. They had joined forces in relating to Todd with appropriate praise, limits, consequences, and support.
- (6:00 PM) Supper was in the oven. There was an extra half-hour for a mother-daughter walk. Miracle of miracles – Amy was coming out of her shell and actually opening up.
- S: She's a beautiful little girl. How could I have missed that! All my attention was taken up with Todd's misbehavior and everyone else's problems. Amy just got overlooked. It took a Christian therapist to point this out to me - and none too soon. Amy is starting to bloom again.
- #2: (6:45 PM) The telephone rings - but after the third ring, the answering machine takes the call. This is a new family boundary: 'No phone conversations during dinner'. This gives them all a chance to choose the time they will answer calls, reflect on their responses to people that call, and enjoy a peaceful dinner together.
- S: There have been many who have not understood my decisions. Some friends at church are surprised when I say no to being on a committee or attending some meeting. I will have to live with their disappointment. What I say yes to is between me and God.
- #2: The day draws to a close. The kids have done their homework and are in bed. Sherrie and Walt enjoy a cup of coffee and review their day. They know their relationship is in a new, healthier phase. Sherrie had to do some hard work in order to stop taking responsibility for Walt's anger, withdrawal, helplessness, and immaturity. She turned to her friends, support groups, therapist, and God to help her. And because she stuck to her intentions, Walt became a different person. He found he needed her in a new way. He fell in love with her again. They both changed – not into perfect people, but as individuals (and as a team) who loved, respected, and valued each other and their boundaries.

GUIDELINES FOR SUPPORT GROUPS

1. WE BUILD TRUST THROUGH CONFIDENTIALITY

In keeping with Christian integrity, there should be no violation or breach of confidentiality. Refrain from gossip, both in and outside the group meeting. Gossip is defined here as any discussion of or about other group members when they are not present, whether the comments are positive or negative, no matter what the intended purpose.

2. WE RESPECT OTHERS BOUNDARIES (SPIRITUAL, EMOTIONAL & PHYSICAL)

Respect others' needs by asking what they would feel comfortable receiving. It is important to use discretion and express affection in a manner appropriate to the individual.

3. WE GIVE AND RECEIVE SUPPORT AND ENCOURAGEMENT

When we come together as a group, we can comfort each other, as we have been comforted by God. To support another person is NOT TO give them advice or try to rescue them. If we are struggling with a problem, we can find at least one other person who has worked through a similar struggle. This person may often be the one best equipped to minister to those striving to overcome similar problems without giving advice.

4. WE FOCUS ON OUR FEELINGS WHEN SHARING (WE AVOID INTELLECTUALIZING AND SPIRITUALIZING)

Refrain from trying to "explain" situations when sharing, and do our best to clearly identify and share our feelings. Feelings do not require analysis; they require proper response. As we progress in this work, appropriate labels for feelings develop (joy, fear, peace, sadness, depression, anger, love, resentment, guilt, loneliness, and fulfillment).

5. WE RECOGNIZE THAT THE HOLY SPIRIT IS IN CHARGE

We realize that the leader is simply facilitating the group. Pray for guidance and direction, and ask the Holy Spirit to be present within each of you.

6. WE LIMIT OUR OWN TALKING AND ALLOW OTHERS TO SHARE

Allow everyone in the group to have an equal opportunity to share. Talk about your own experience, strength and hope without giving a full-length autobiography. Take turns talking, and do not interrupt each other.

Dr. Henry Cloud and Dr. John Townsend

Dr. Henry Cloud and Dr. John Townsend are clinical psychologists, popular speakers and specialists on the integration of Scripture and psychology.

Dr. Cloud is the author of *Changes That Heal*; his most recent books are *Necessary Endings* and *The Law of Happiness*.

Dr. Townsend is the author of *Hiding from Love*; his most recent books are *How to be a Best Friend Forever* and *Beyond Boundaries*.

Together, they have earned three Gold Medallion awards, as well as the Retailers Choice award for *God Will Make a Way*.

Sheryl Baar Moon (author of *Original Boundaries Leader's Guide)

Sheryl Baar Moon spent one year as a teacher at the Chinese Culture University in Taipei, Taiwan, and then held the position of Director of Christian Education and Youth for Peace Reformed Church in Middleville, Michigan, for eight years. She holds a Bachelor's Degree in music education from Hope College, and a Master's in communication from Western Michigan University.

**This Boundaries Leader's Guide has been adapted for use with the "New & Updated" Boundaries DVD recorded in 2012.*