Dr. John Townsend

SOLUTIONS

S1016

Boundaries Small Group Study – 8 Sessions

Boundaries Session 2: Problems and Symptoms

Session 2 will provide guidelines to evaluate the results of a lack of boundaries in your life. This lack produces a variety of bad fruit. This fruit shows up in three main areas of life: clinical, relational, and functional. Clinical symptoms include depression, resentment, rage or anger, and obsessive and compulsive behaviors. Relational symptoms include a sense of loss of freedom, loss of love and sometime financial difficulties. Functional symptoms include the inability to complete a goal or task, extreme disorganization, a low energy level, and problems of concentration. Join Dr. Townsend as he helps you evaluate these three areas of life, and see what the fruit has been in your life.

Small group discussion questions:

1) What 'fruit' is alerting you to your boundary issues?

2) Which of the 3 types of symptoms are important to you, and why?

3) In order to help your symptoms begin to resolve, who do you need to say no to this week?