Boundaries Small Group Study – 8 Sessions

Boundaries Session 8: Yardsticks-Measure your Success

In Session 8, Dr. Townsend will provide a list that will help you to measure your growth and progress in implementing boundaries. You have learned that boundaries are a way of life; and although you will experience some failures along the way, failures are part of the journey. You can learn to say no to the bad and yes to the good – and in this last session on Boundaries, you will be able to see how you are making progress toward living the life God designed you to live.

Small group discussion questions:

1) In measuring your success, how is acknowledging your resentment and negative feelings part of the growth process?

2) Pick two of these steps and discuss why these are encouraging to you.

3) What is the difference between a *baby no* and a *grown-up no*?

4) How will you insure that you continue to grow and get the support you need to be a boundary loving person?