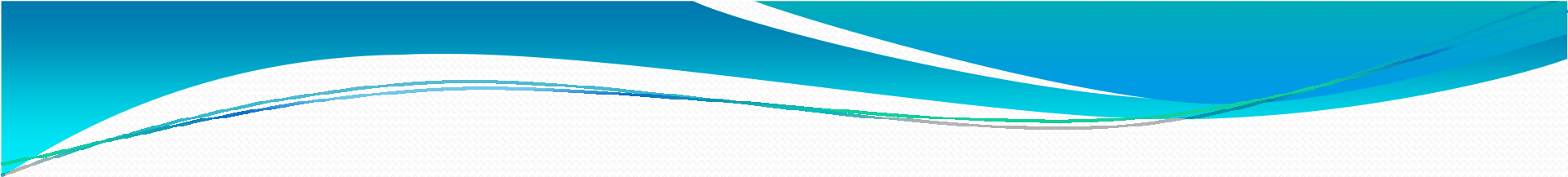


Boundary Myths

Myth #1- If I set boundaries, I'm being selfish.

Boundaries don't turn us from other-centeredness to self-centeredness. Instead, boundaries actually increase our ability to care about others.

Myth #2- Boundaries are a sign of disobedience. Many Christians fear that setting and keeping limits signals rebellion or disobedience. The truth is life –changing - a lack of boundaries is often a sign of disobedience.



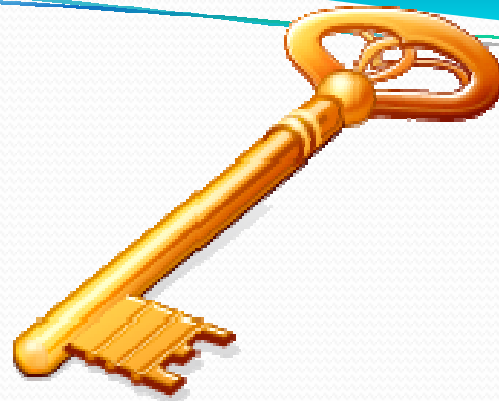
Myth #3- If I begin setting boundaries, I will be hurt by others. Boundaries are a “litmus” test for the quality of our relationships. (Litmus meaning: proving by scientific method).

Myth #4- If I set boundaries, I will hurt others. Appropriate boundaries don't control, attack or hurt anyone. Boundaries are not an offensive weapon but a defensive tool.

Myth #5- Boundaries mean I am angry. People with good boundaries are less angry than people without boundaries, boundaryless people often feel angry because they are in a constant state of being violated.



**A lack of boundaries is often
a sign of disobedience.**



An internal

NO

Nullifies an external

YES

MYTHS # 6-8

Myth #6- When others set boundaries, it injures me.

If we want others to respect our boundaries, then we must be willing to respect the boundaries of others.

Myth #7- Boundaries cause feelings of guilt. One of the major obstacles to setting boundaries is our feeling of obligation – the idea that because we have received something, we owe something. Our feeling of gratitude need not obligate us to fail to set boundaries with those who have given gifts to us.

Myth #8- Boundaries are permanent, and I'm afraid of burning my bridges. Your no is always subject to you. If you set limits with someone and they respond maturely and lovingly, you can re-negotiate the boundary.



All that's really needed in
response to a gift is
GRATITUDE.



REAL RELATIONSHIPS

Mean

I am in touch with my boundaries.