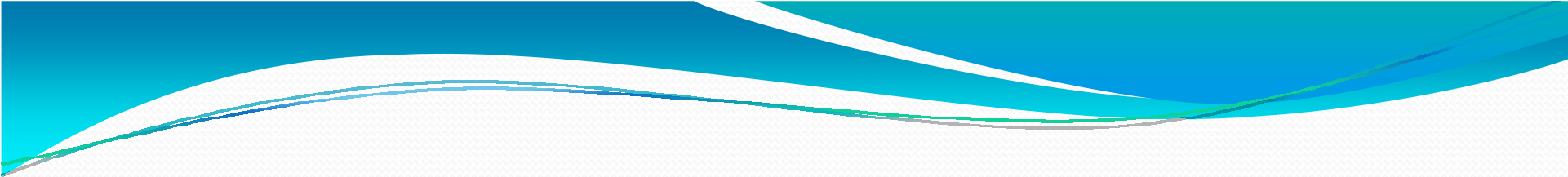


Summary of Boundary Problems

	Can't Say	Can't Hear
NO:	The COMPLIANT feels guilty or controlled by others: can't set boundaries.	The CONTROLLER aggressively or manipulatively violates boundaries of others.
YES:	The NONRESPONSIVE Sets boundaries against responsibility to love.	The AVOIDANT sets boundaries against receiving care from others.



We use our
no
so that we can say
Yes

To aligning our lives to 100% obedience to Jesus Christ



Resolve Process

Ultimately, the process of resolving these conflicts is about

Self-control

Rather than

Other control.

Areas of Boundary Conflicts

- Boundaries and your:
 - Family
 - Friends
 - Spouse
 - Children
 - Work
 - God



Steps toward healthy boundaries

- What are the **symptoms**?
- What are the **root causes** of the symptoms?
- What is the boundary **conflict**?
- Who needs to take **responsibility**?
- What **need** drives the boundary conflict?
- How do you **begin**? What **step** do you need to take – and **when** will you take it?
- What **accountability** and **consequences** do you need to build into your program?

● Internal Boundary Conflicts

- Eating
- Money
- Time management
- Task completion
- The tongue
- Sexuality
- Alcohol/ substance abuse
- Compulsive behaviors in these areas have their roots in our **unmet needs, unrecognized fears, and our unresolved pain.**