

Home Bible Workshop Preparation
August 20, 2005
Worksheet

Change-Volume II

Pages 101 - 120

Questions:

Setting Limits On Yourself

Tongue:

- ◆ When we can't hold back, or set limits, on what comes from our lips, our words are in charge ____ .
- ◆ We need to take _____ for our words.

Sexuality:

- ◆ People have tremendous problems in many different areas dealing with sex - here are five-name the other seven outlined in this lesson...

Compulsive masturbation
Compulsive heterosexual or homo-
sexual relationships

Pornography
Voyeurism
Incest

- ◆ The individual caught up in an out-of-control sexual behavior generally feels deeply _____ and _____.

Alcohol and Substance Abuse:

- ◆ List five fruits of failure to set limits in these areas.

- ◆ Drug addiction is difficult in adults, who have some semblance of character and limits; for the child, whose boundaries are delicately forming, the results are often _____ and _____.

Why Doesn't My "No" Work?

- ◆ List three reasons why our "no" doesn't on ourselves:

1.

2.

3.

- ◆ Grace must come from _____ and _____ of ourselves to be useful and healing.

- ◆ One way to begin developing limits on out-of-control behavior is to apply a modified version of the **Limits Setting Checklist**. List the six steps outline in this lesson.

1.

2.

3.

4.

5.

6.