

Home Bible Workshop Preparation
February 4, 2006
Worksheet

Change-Volume II

Pages 168 - 188

Maintaining Boundaries

Guilt (continued from last meeting):

- ◆ Guilt distorts _____ gets us away from the _____ and away from doing what is best for the _____.
- ◆ **True or False:** We have seen over and over in this message how the Bible tells us to have good boundaries, to enforce consequences, to set limits, to grow up and separate from families of origin, and to say **no**. When we do these things, we are doing right. These boundaries are loving actions to take. Even though they are painful, they are helpful to others.
- ◆ Guilt will keep you from doing what is right and will keep you _____.

- ◆ There are several steps you can take to avoid this guilt, but you must begin with one fact - the guilt is your problem. Name them:

If It Were Easy, You Would Have Done It By Now:

- ◆ **True or False:** Running into resistance is a good sign that you are doing what you need to do.

Successful Boundaries

- ◆ Specific, orderly changes signal the emerging of _____.

Step #1: Resentment—Our Early-Warning Signal:

- ◆ Just as radar signals an approach of a foreign missile, your _____ can alert you to boundary violations in your life.
- ◆ So before you say anything _____, even before you set that first boundary, examine your heart.

Step #2: A Change of Tastes—Becoming Drawn to Boundary-Lovers:

- ◆ **True or False:** As boundary-injured individuals begin developing their own boundaries, however, a change occurs. They become attracted to people who can hear their **no** without being critical. Without getting hurt. Without personalizing it. Without running over their boundaries in a manipulative or controlling fashion.
- ◆ We become attracted to boundary lovers, because in them, we find _____ to be honest, authentic, loving individuals.
- ◆ This drawing to boundaried individuals extends to God. Some people will begin finding out that the Holy, just God about whom they read in the Old Testament

isn't so bad or scary. He just has very
_____.

Step #3: Joining the Family:

- ◆ Why is it so important to join the bounded family? Mainly because as with any spiritual discipline, boundaries can't be worked on in a _____.
- ◆ No matter how caustic the criticism, or how severe the rejection of the one we're in conflict with, we aren't alone. And that makes all the _____ in the world in boundary setting.

Step #4: Treasuring Our Treasures:

- ◆ When people are treated as objects for long enough, they see themselves as someone else's _____.
- ◆ This is a key principle. Our basic sense of ourselves, of what is real and true about us, comes from our significant, _____.
- ◆ When Christians begin to value getting well, recovering, and developing themselves into the image of God (all of which are different ways of saying the

same thing), a shift occurs. They begin desiring a return on _____!

Step #5: Practicing Baby No's:

- ◆ Growth in setting emotional boundaries must always be at a rate that takes into account your _____.
- ◆ Begin practicing your **no** with people who will _____ it and love you for it.

Step #6: Rejoicing in the Guilty Feelings:

- ◆ **True or False:** The culprit here is a weak conscience, or an overactive and unbiblically harsh internal judge (subconscious mind). Though we need our internal "evaluator" to help us know right from wrong, many people carry around an extremely self-critical and inaccurate subconscious. They feel that they are transgressing when they aren't.
- ◆ If the subconscious were silent and providing no "how could you?" _____-_____, it might mean that you were remaining enslaved to the internal parent. That's why I encourage you to rejoice in the guilt. It

means you are moving ahead. The guilt won't last long.

Step #7: Practicing Grownup No's:

- ◆ Think for a minute about this question: Who is your number-one "_____ _____"?
- ◆ The goal is to have a character structure that has boundaries and that can set limits on self and others at the _____ times.
- ◆ Sometimes the large **no** will precipitate a crisis. Someone important to you will get angry. Or hurt. Or abusive. The truth will expose the divisions in relationships. The conflicts and disagreements already exist. Setting limits simply bring them out to the _____.

Step #8: Rejoicing in the Absence of Guilty Feelings:

- ◆ You can take this step now that you have shifted allegiance _____ and _____.

We will cover the remaining three steps in class.