

June 3, 2018



Understanding Boundaries

## Understanding Boundaries

Navigating Emotionally Healthy Relationships (Part 8)

Galatians 6:1-5

What are relational boundaries?

☞ Galatians 6:1-5

☞ Boundaries define what is our \_\_\_\_\_ and what is not our \_\_\_\_\_

☞ Boundaries determine what, when, and who we \_\_\_\_\_ into our lives

What is within our own boundaries?

What are healthy relational boundaries?

Discernment & Ability to...	
... <b>SAY NO</b> (Responsible behavior)	... <b>HEAR NO</b> (Respectful behavior)
... <b>SAY YES</b> (Flexible behavior)	... <b>HEAR YES</b> (Interdependent behavior)

(continued on back)

Galatians 6:1-5

☒ **Responsible Behavior: Discernment & ability to say "no"**

- Self-evaluation: How do you do in this quadrant?
  - I find this easy to do
  - I am OK in doing this
  - I often find this difficult to do

☒ **Flexible Behavior: Discernment & ability to say "yes"**

- Self-evaluation: How do you do in this quadrant?
  - I find this easy to do
  - I am OK in doing this
  - I often find this difficult to do

☒ **Respectful behavior: Discernment & ability to hear "no"**

- Self-evaluation: How do you do in this quadrant?
  - I find this easy to do
  - I am OK in doing this
  - I often find this difficult to do

☒ **Interdependent behavior: Discernment & ability to hear "yes"**

- Self-evaluation: How do you do in this quadrant?
  - I find this easy to do
  - I am OK in doing this
  - I often find this difficult to do

Conclusion