

June 17, 2018



Fixing the Fence: Addressing Relational Boundary Challenges

# Fixing the Fence: Addressing Relational Boundary Challenges

Navigating Emotionally Healthy Relationships (part 9)

## Review:

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)

## What do unhealthy boundaries look like?

Unhealthy Boundaries: When one...	
<b>...cannot SAY NO</b> <b>Compliant behavior</b> <ul style="list-style-type: none"> <li>▪ Opposite of responsible behavior</li> <li>▪ Feels guilty and/or is controlled by others; can't set boundaries</li> </ul>	<b>...cannot HEAR NO</b> <b>Controlling Behavior</b> <ul style="list-style-type: none"> <li>▪ Opposite of respectful behavior</li> <li>▪ Aggressively or manipulatively violates boundaries of others</li> </ul>
<b>...cannot SAY YES</b> <b>Nonresponsive Behavior</b> <ul style="list-style-type: none"> <li>▪ Opposite of flexible behavior</li> <li>▪ Sets boundaries against responsibility to love</li> </ul>	<b>...cannot HEAR YES</b> <b>Avoidant Behavior</b> <ul style="list-style-type: none"> <li>▪ Opposite of interdependent behavior</li> <li>▪ Sets boundaries against receiving care of others</li> </ul>

• Boundaries by Henry Cloud & John Townsend

(continued on back)

## ❖ Non-responsive Behavior

- Principle of Selflessness

## ❖ Compliant Behavior

- Principle of Responsibility

- Principle of Sowing & Reaping

## ❖ Controlling Behavior

- Principle of Respect

- Principle of Power & Change

## ❖ Avoidant Behavior

- Principle of Healthy Interdependence

## Conclusion