

Boundaries define us. They define what is me and what isn't me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership. Boundaries represent our responsibilities, our responsibility "for" ourselves and "to" another. Taking ownership teaches us "When to say yes and when to say no and to take control of our life."

Feelings

- play an enormous role in our motivation and behavior
- Shouldn't be ignored or placed in charge
- Own your feelings and be aware of them
- Come from your heart and can tell you the state of your relationships
- Are your responsibility, own them and be aware.

Thoughts

- We must own our thoughts.
- We must grow in knowledge and expand our minds.
- We must clarify distorted thinking.
- Because perceptions are distorted and we have preconceived ideas, we are to actively check out where we might be wrong.

Values

- What we value is what we love and assign importance to. Often we don't take responsibility for what we value. We are caught up in valuing the approval of men rather than the approval of God (Jn 12:43).
- When we take responsibility for out of control behavior caused by loving the wrong things, or valuing things that have no lasting value, when we confess that we have a heart that values things that will not satisfy, we can receive help from God and his people to create a new heart within us.
- Boundaries help us not to deny but to own our old hurtful values so God can change them.

Limits

- Setting limits on others
- Setting our own internal limits
- Limit exposure to people who behave poorly and allow space inside ourselves to have a feeling, impulse or desire w/o acting on it.

Attitudes

- Have to do with your orientation, or stance, toward something or someone. Learned early in life.

Behaviors

- Behaviors have consequences. We reap what we sow.
- The problem comes when someone interrupts the law of sowing and reaping in another's life.

Beliefs

- Anything that you accept as true.

Talents

- We are responsible for the use of our talents/gifts.
- We aren't chastised for being afraid; we are all afraid when trying something new and difficult.
- We are chastised for not confronting fear and trying the best we can.
- Not confronting our fear denies the grace of God and insults both His giving of the gift and His grace to sustain us as we are learning.

Choices

- We need to take responsibility for our choices. This leads to the fruit of self-control.
- We need to realize that we are in control of our choices no matter how we feel.
- Making decisions based on others' approval or on guilt breeds resentment, a product of our sinful nature.
- Setting boundaries inevitably involves taking responsibility for your choices. You are the one who makes them. You are the one who must live with their consequences. And you are the one who may be keeping yourself from making the choices you could be happy with.

Desires

- Wants, dreams, wishes, goals and plans, hunger and thirsts.
- True desires verses lusts, not knowing our real desires.
- God wants to give good gifts to His children. To know what to ask for we have to be in touch with who we really are.

Love

- Giving and receiving love.
- Our loving heart, like our physical one, needs an inflow as well as an outflow of lifeblood.
- Our heart is a muscle, a trust muscle. This trust muscle needs to be used and exercised; if its is injured it will slow down or weaken.