

PERSONAL BOUNDARIES

What is a personal boundary?

THE TEN LAWS¹

1. **THE LAW OF SOWING AND REAPING:** Our actions have consequences.
2. **THE LAW OF RESPONSIBILITY:** We are responsible to each other, but not *for* each other.
3. **THE LAW OF POWER:** We have power over some things; we don't have power over others.

*"Human nature lends itself to trying to change and fix others so that we can be more comfortable."*²

4. **THE LAW OF RESPECT:** If we wish for others to respect our boundaries, we need to respect theirs.

*"When you respect [other's] boundaries, you are paving the way to having yours respected."*³

5. **THE LAW OF MOTIVATION:** We must be free to say no before we can wholeheartedly say yes.
6. **THE LAW OF EVALUATION:** We need to evaluate the pain our boundaries cause others.
7. **THE LAW OF PROACTIVITY:** We take action to solve problems based on our values, wants, and needs.

*"Proactive people solve problems without having to blow up."*⁴

8. **THE LAW OF ENVY:** We'll never get what we want if we focus outside our boundaries onto what others have.

*"You can't set limits in [relationships] until you are looking at yourself as part of the problem and as a great deal of the solution."*⁵

9. **THE LAW OF ACTIVITY:** We need to take the initiative in setting limits rather than be passive.

*"The Law of Activity states that we need to take the initiative to solve our problems rather than being passive."*⁶

10. **THE LAW OF EXPOSURE:** We need to communicate our boundaries to each other.

¹ Henry Cloud and John Townsend, *Boundaries in Marriage* (Grand Rapids: Zondervan, 1999).

² Ibid., 43.

³ Ibid., 43.

⁴ Ibid., 53.

⁵ Ibid., 55.

⁶ Ibid.