

Boundaries Small Group Study – 8 Sessions

Boundaries Session 5: The Myths about Boundaries

There are eight common myths that a boundary-setting person might encounter. One of the definitions of a myth is: a fiction that sounds like a truth. Sometimes we are taught these myths by well-meaning people, even family members or churches - but these myths can cause serious problems in life. Join Dr. Cloud as he identifies these boundary myths, and provides solid evidence to refute them.

Small group discussion questions:

1) Which of these 8 myths do you most closely identify with?

2) Where did you learn these myths?

3) In what area of your life are these myths holding you hostage? How can you begin to challenge these myths?