Solutions

S1003

Changes That Heal-5 Part Series- Boundaries-Part 3

Outline

Boundaries - Separating from Others

Boundaries are the second foundational step in the developmental model. Healthy boundaries are vital to a productive life; they define us as individuals. It is important to be able to say no to the bad – and sometimes even to good things. Dr. Cloud will discuss the role of setting Boundaries in the developmental process, and help you regain your ability to say no when appropriate. We can't find our true mission in life unless we can say no when we need to.

you allow this?

Small group discussion questions:
1) How do you experience Boundary problems? What is going on? (possible symptoms of boundary problems: depression, hurt, relationship struggles)
2) What fears or hurts may be getting in the way of setting boundaries? Why do

3) What boundaries do you need to set?