

## Some Types of Boundaries

**Skin:** Designed to keep the good in and the bad out. At birth the child is separated physically from its mother for the first time and the process of separation is continuous. Many victims of sexual and physical abuse were not taught as children that their skin is their boundary. Others were allowed to invade and violate their boundaries making it difficult for them to establish boundaries later in life.

**Words:** The most basic is "no". Your words let others know where you stand. If you cannot say "no" to external pressure and internal pressures you have let go of self-control. Your words let people know where they stand with you, (eg "I hate it when you talk as if I wasn't here").

**Truth:** Know the truth about yourself and face it. Know the truth about God and you will be able to define yourself in relation to His truth. Know God's laws and do your best to live within them. Satan will try to twist God's truth ("did God say .....") so you need to be very familiar with His truth .

**Geographical distance:** Sometimes it is prudent to remove yourself from danger and establish a safe place. No one should remain in a household where there is physical abuse taking place. It may be necessary to physically remove yourself from an abusive relationship.

**Time:** Taking time out from a relationship can improve the relationship. Those who return home after some time away and some helpful input, often find their relationship with has improved

**Emotional distance:** A temporary boundary to give yourself space and to allow the other time to demonstrate change. By withdrawing emotionally for a short period in an abusive relationship the other person is given an opportunity to be responsible for their actions and to demonstrate true repentance.

## Some Areas Where I Can and Need To Set Healthy Boundaries

- ❖ **Feelings** - own your own feelings -feelings come from your heart
- ❖ **Attitudes** - own the way you relate to others - be willing to examine them  
The stand you take towards others (judgments, prejudices)
- ❖ **Beliefs** - own your beliefs (anything you accept as true) - be willing to examine them
- ❖ **Behaviours** - face the consequences of your behaviour  
Don't try to rescue others from the natural consequences of their behaviours nor allow yourself to be rescued (it robs you of your power).
- ❖ **Choices** - be responsible for your choices This leads to healthy self-control.
- ❖ **Values** - be responsible for your values - what you love and assign importance to  
Allow God to bring the changes (eg Valuing the approval of people not God )
- ❖ **Limits** - self control without repression - limit your exposure to hurtful people
- ❖ **Talents** - your responsibility to exercise and be productive  
Example: Don't let fear of failure keep you from acting
- ❖ **Thoughts** - separate them from distortions - own them  
Never surrender your mind and thoughts to others control  
Keep on learning and challenge distorted thinking
- ❖ **Desires** - separate them from lusts -own them and pursue them  
What do I actually need now versus what I feel I must have in this moment simply because I feel like it?
- ❖ **Love** - giving and receiving  
Love should flow freely in and out.

### Bibliography

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