

# Creating Healthy Boundaries

HUDL Podcast – Episode 3

## Discussion Questions:

1 – Have you ever experienced someone that struggled with boundaries?

2 – Share a time when seeing “good things” in life led to reaping blessings. What about the opposite?

3 – What keeps you from taking a stand and setting some solid boundaries?

4 – Are there areas in your life where you struggle to set healthy boundaries? (Relationships, your health, Work, etc)

5 – What are you doing to improve in the areas you struggle with healthy boundaries? Who are you talking to? Do you have a plan?

## **What are boundaries?**

Boundaries define us. They define what is me and what is not me. Knowing what I am to own and take responsibility for gives me freedom.

## **What are 4 principles for healthy boundaries?**

1. The law of sowing and reaping
2. The law of responsibility
3. The law of respect

#### 4. The law of motivation

– false motives that keep us from setting healthy boundaries.

- Fear of loss of love or abandonment
- Fear of others' anger
- Fear of loneliness
- Fear of losing the "good me" inside
- Guilt
- Payback
- Approval
- Overidentification with someone's loss