

BOUNDARIES: TEARING DOWN WALLS ~ KEEPING FENCES



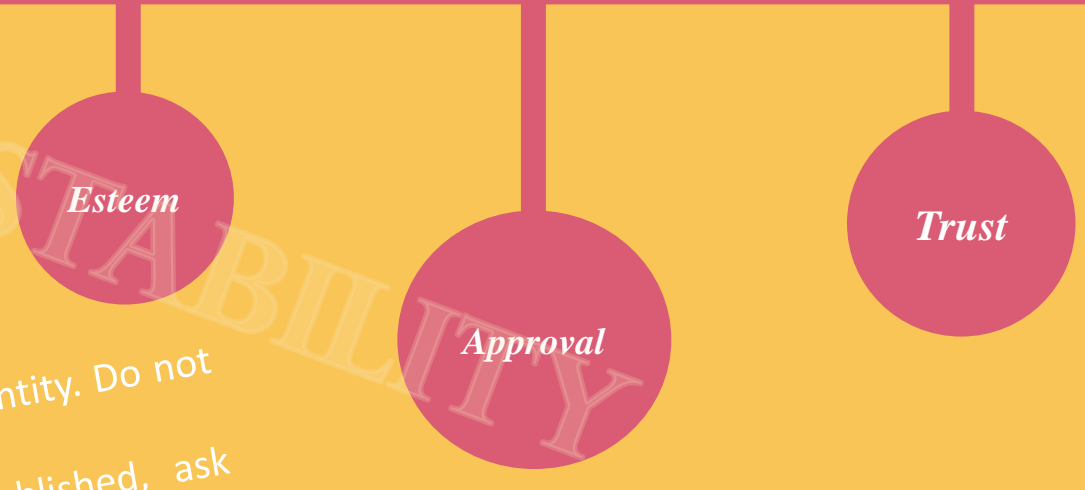
Be open to new relationships.
 Give people time to earn your trust.
 Take your time moving into greater intimacy. (being vulnerable, revealing hopes, dreams, etc.)
 Stay focused on the Lord Jesus Christ.
 Maintain personal values despite what others want.

WE NEED HEALTHY BOUNDARIES



Decide what relationship attributes are must haves. (honesty, shared values, etc.)
 Say, "No" to things you don't want. (food, gifts, outings, etc.)
 Reveal a little of yourself at a time, then watch how information is received and used.
 Ask God for wisdom in relationships.
 Notice when someone displays inappropriate boundaries.

BOUNDARIES SHOW RESPECT FOR SELF & OTHERS



Look to God alone to validate your identity. Do not let others define you.
 Until relationship dynamics are established, ask before hugging someone.
 Do not use gifts or favors to try to manipulate others or allow their generosity towards you make you feel obligated.
 Care only what God thinks: take neither praise nor criticism personally.
 Friends and family are not mind-readers, be comfortable asking for what you need.

FENCE-BUILDING TAKES TIME & CONSISTENCY



Trust your "Knower": The Holy Spirit
 See yourself and others as Christ sees you.
 Learn the art of peacemaking. Speak up when you're being mistreated.
 Never accept blame for the actions of others.
 Understand not everyone will be a close friend. People fall into categories. Accept their role in your life.