APPLYING NEEDS, WANTS and GODLY PRINCIPLES to CREATE LOVING BOUNDARIES

Hello! I'm excited to be in the last lesson of Step Two: Applying Basic Principles of Boundaries because this means- we're making our boundaries today! (Yay! Finally!)

In today's lesson, we're going to bring together everything we learned about our needs and our goals and combine them with the Godly principles of boundaries we learned earlier in the lesson to make *Godly, loving boundaries* that will actually *work*.

Let's recap what we learned so far:

Boundaries are guidelines, rules and limits that keep us safe from incoming and outgoing interactions with other people.

 The five key aspects of Godly boundaries are:

1. Needs to be made with God in mind

2. Failing doesn't induce shame

3. It may look self-sacrificial to the world

4. You need to be sure you're hearing from God to make a Godly boundary

5. They're sought, strengthened and given in the quiet places.

Boundaries are broken when we do not take back the boundary of ourselves.

When practicing detachment in a Godly way we must detach from the sin, not the person, stay loving, gracious, kind, supportive and prayerful of our loved ones, and put our attention on God and His will for us in our suffering.

We have core needs that need to be met by God and emotional needs that need to be met by our loved ones.

God fulfills His promises to us and we have the privilege of being blessed through them because we are His children.

We also made specific, reasonable, *do-able with God goals* and wrote down the actions we could take right now to begin moving us toward a happier future.

I know that's a lot but don't worry, I'll help you break it all down and put it all together!

Let's start with your goals. **Get your worksheet out with the goals you wrote down from the previous lesson and have them right in front of you.** See them? Okay, good.

Now, look at your goals and I want you to tell yourself that *no matter what happens*, you will not let the number one, *most important goal*, that one on the very top, be put to the wayside. <u>That goal is your number one priority right now.</u> If your goals aren't in order of priority, pause the video and take a moment to rearrange them in order of importance, we'll wait for you.

(pause)

Okay, ready? Now, look at the obstacles you wrote down related to that goal. I want you to think about what guidelines, rules and limits you need to put in place to protect that goal.

Here's an example:

Let's say, I have a goal to lose weight and live a healthier lifestyle. I will run no less than two times a week or more than three times. I've planned to run at 7 pm every Monday, Wednesday and Friday evening in the park near my home. I will run for no less than twenty minutes and no more than forty minutes each time. I have told my husband he has to be home by 6:45 pm to watch the children so I can be ready to leave the house by 7 pm.

Now, the guidelines, rules and limits I need to set in place for me to keep this goal would change based on my home situation but some examples could be:

- I have asked the neighbours to watch my children for one hour each week if my husband doesn't come home on time.
- I will remind my husband he has to be home one time. If he is late, I have asked him and he has agreed that I will run during his regular Tuesday night outing and he will stay home.
- If my husband is unfit to watch the children, I will hire an inexpensive babysitter for my evening run.
- If my husband comes home late on a regular basis and I miss my run, I will not get angry. I will talk about it in counseling, hire a babysitter and run no more than two times a week and no less than one. If he is not home by 7 pm, I will do a Yoga video by Yoga with Adriene (she's the best!) on YouTube.

These are just a few examples but you get the idea! This may seem like something someone with a "normal life" has time to focus on but trust me, **you can disentangle your dreams from their addiction and the behaviours that stem from it.** Doing so will not only boost your confidence but it will cause a positive ripple effect on your ENTIRE family. You will be a shining example of healthy, happy, victory in Christ.

I'll give you space to do this in the worksheets below. When you're finished with each guideline, I want you to go through your boundaries and ask yourself:

1. Is this a boundary God would want for me?
2. Am I taking back the boundary of myself?
3. If I am wronged, am I detaching from the sin, not the person?
4. Is this boundary reasonable?
5. Is there anything I could add to make this better?

When you ask yourself the last question, you may want to add on something to the end of your boundary. Using one of the examples above:

- I will remind my husband he has to be home one time.
- If he is late, I have asked him and he has agreed that I will run during his regular Tuesday night outing and he will stay home.
- If he is on time, I will commit to giving him one free Saturday a month to go do something fun and healthy with his guy friends.

Adding a positive action to the end of a boundary is good because it reminds you to give praise where praise is due. Addicts are notoriously shame-filled and discouraged. Encouraging them in their good actions will motivate them to continue to "show up".

There you have it! Print out your worksheets and make boundaries for your five goals. Work on one goal at a time, from the number one most important down, I don't want you to get overwhelmed! Then, go through and ask yourself those five questions. You may have to rewrite them a few times to figure out what will work for you (this isn't easy!) but hopefully, this will give you some confidence that yes, you can have goals, dreams, successes and a hopeful future!

Also please remember what I said in the beginning of this course: **Do not jump ahead and start implementing your boundaries yet.** It's important we go through *all four steps* before we start implementing our boundaries. Write them down, feel good and tuck them away.

I'll see you in the next video!