

Six Fears that Keep Us Bound to Bad Boundaries

Hello! Welcome back. We talked extensively about bad boundaries in my free video course, **“Breaking Up with Bad Boundaries”**, which you may have seen by now but if you haven't, please check it out! It's a great way to identify the issues we have when it comes to *making, living out and enforcing* our personal boundaries. If you do watch it, be sure to check out the last video- *wool!* I was talking about fear and had to be my own example as there were noises coming from my backyard (I am like Chicken Little about the dark, by the way!). It's pretty funny.

In this lesson, I'm going to summarize the six mistakes we discussed in the **Breaking Up with Bad Boundaries** video series, explain how those fears keep us bound to our bad boundaries and take it one step further and let you know what you can do to fix them.

The six mistakes were as follows:

- 1. Policing our loved ones**
- 2. Trying to assert boundaries when we're in an abusive relationship**
- 3. Making the ultimate ultimatum (too many times!)**
- 4. Believing each day of sobriety is a new victory and a new start**
- 5. Getting stuck in the codependency trap**
- 6. Allowing fear to control our thoughts, decisions and actions**

I've linked to the course below, so be sure to sign up for it if you haven't watched it yet. It's totally free! Because I have a video series on the fears, I won't go into great detail about each one. Let's call this, “The BUBB Refresher”.

1. Policing our loved ones.

Contrary to popular belief, I do believe a small amount of policing is totally fine. This is my own opinion but I say it because when I tried to stop policing entirely, I was deceived into thinking my husband was clean when he was not. I took a step back and trusted him blindly and that was also wrong. But the real problem with policing is that it can be an indicator of how we handle evil. **If we try to control, manipulate, deceive or lie to get what we want out of our loved ones, evil is controlling us.** So, policing, is actually our thoughts and actions being controlled by Satan.

If the bad boundary is policing and controlling our loved one's decisions so they don't hurt us, a good boundary would be having agreed-upon safeguards (*agreed-upon*, that's the key word there) put in place to build trust.

***Please note: You may need a counsellor to successfully do this!**

2. Trying to assert boundaries in an abusive relationship.

It's important to understand that there is *your loved one*, there is *the addiction* and there is *you*. As far as "the addiction" is concerned, you are the enemy. The addiction is going to *attack, criticize, condemn, belittle* and cause all kinds of pain to you in order to continue to manipulate and control the person they have a hold on.

Yes, I'm speaking as if the addiction was a person because I believe addiction is also spiritual. You have an enemy out there and he wants to kill you. Not hurt you- kill you. This spirit of his is not only trying to ruin your life but it's trying to destroy you completely. I'm not taking away the responsibility of your loved one for the way they have mistreated you- it's wrong! What I am saying is, there are times you will not be able to enforce *healthy boundaries* because the person you once loved- well, they're not strong enough to fight this spirit (right now) and it is slowly stealing your life. The only good boundary for an abusive relationship is space. **A healthy boundary cannot be made by an unhealthy you!**

3. Making the ultimate ultimatum (too many times!).

This will sound different, depending on the nature of your relationship but for mother's it might be, *"I'm kicking you out and you are never allowed to come back!"* and for wives, *"I am going to a lawyer and getting a divorce!"*, daughters, *"I mean it, you're out of my life and I am never speaking to you again!"*. You know the drill. We say things out of anger when we're upset! And how could we not? In that moment, we mean it. However, the next day, maybe we don't mean it quite as much. The day after that, we changed our minds and we don't really mean it at all. And the next week, well, we mean it again. This is how the roller coaster starts. We get on their ride. It's so important to figure out first, what it is we really want and then second, to only speak of that thing.

If you want to leave and you mean it? Leave. Say it once. If you aren't sure and you want to stay? Stay quiet. *Pray it out before you speak it out*. A bad boundary is willy-nilly angry threats whereas a good boundary is figuring out what you want (and need!) and then doing exactly what you say you'll do.

4. Believing each day of sobriety is a new day and a new start.

This is an "addicted mentality", not a family member one. Believing each day is a new start for the family member of someone struggling with addiction is like being in the movie, "Groundhog Day" where every day, you try again to figure out what it is you're doing wrong and why nothing is going right. It's torture! When we believe in each day being a victory as our loved ones do, we are not being realistic about the nature of addiction. Being unrealistic is a bad boundary. A good boundary is making longevity in sobriety and changed behaviour a boundary. **No promises- only actions.**

5. Getting stuck in the codependency trap.

If you haven't, I'd like for you to watch the BUBB videos series so you understand what I mean but basically, it's that every time I hear the word "*codependent*", I hear God whisper, *"I made you to be dependent"*. Codependency is real. Very real. In fact, I believe

we all have codependent behaviours because God made us to be dependent creatures. We depend on our animals, our spouses, our children and if we're wise, we depend on God. **Relationship has always been a part of our original design.** The problem is, many of us look to relationships *to define our self-worth*. That's too much pressure to put on another person and quite frankly, it's something we can only get from God. A good boundary requires two people to be mutually dependent on God to fulfill the core needs we discussed in our previous lesson from Dr. Grant Mullen (ie. Acceptance (a sense of belonging/feeling worthwhile), Identity (who you really are/significance), Security (secure in identity/feeling protected) and Purpose). A bad boundary is the codependent behaviour that has us looking for those core needs in our relationships with others.

6. Allowing fear to control our thoughts, decisions and actions.

Fear is normal but we can't live by our feelings. We have a tendency to believe our faith isn't big enough if we're scared but that's hardly the truth. The truth is, **we're afraid to make boundaries because we're afraid of the consequences.** (What happens if they do leave?!) These are the times we must trust God and though that is easier said than done, it can be done because faith is not the absence of fear, faith is walking forward with God in spite of fear. In our fear, we must trust our boundaries are good, healthy and necessary. A good boundary saves lives: Both yours and theirs. A bad boundary, well, it keeps us stuck right where we are.

That's a little refresher for you if you've already watched the BUBB video series but if you haven't, please click down below and check it out. As I said, it's free, it costs you nothing, it's just there to help!

You can see how these bad boundaries keep us stuck. It's so difficult to know what the right thing to do is in the heat of a moment but that's why we need boundaries, we have to figure this out ahead of time so we know what we really want, what the goal is and if

it's a situation that needs a big reaction or what. Fear is the real culprit here. *Fear of losing control, fear of being hurt, fear of being abandoned, fear of the addiction never ending, fear of being alone, and fear of just living fearfully.*

The fix for being bound to fear is trusting God. When we trust Him, He will be our strength and our protector. We know He will fight for us and that we are not (never were and never will be!) alone. In time, the bounds that fear has on us will be broken and we will break free from addiction.

Freedom. Doesn't it sound great?

Your worksheet for today is a simple one, we're going to ask the question, what is your biggest fear? And what lies have you believed that are keeping you bound to it?