

Ten Laws of Boundaries(Lesson 4)

Law# 1 The Law of Sowing and Reaping

1. The Law of Sowing and Reaping is the law of _____ and _____.
2. When God tells us that we will reap what we sow, He is not _____; He's telling us how things really are.
3. _____ a person from the natural consequences of his behavior enables him to continue in irresponsible behavior.
4. In effect, _____, boundaryless people "co-sign the note" of life for the irresponsible person.
5. _____ force the person who is doing the sowing to also to the reaping.
6. Confronting an irresponsible person is not painful to him, only the _____ are.

Law# 2 The Law of Responsibility

7. The Law of Responsibility involves _____ others.
8. Problems arise when boundaries of responsibility are _____.
9. You are responsible for _____. I am responsible for _____.
10. We are to treat others the way we would want to be _____.
11. Another aspect of being responsible "to" is not only in _____, but in _____ on another's destructive and irresponsible behavior.
12. There is a strong theme throughout the Bible that we are to give to the poor and _____ on sin. Boundaries help us do that.

Law #3 The Law of Power

13. The Twelve Steps and the Bible teach that people must admit they are _____ over their addiction/sins.
14. You have the power to agree with the truth about your problems, also known as _____.
15. You have the ability to _____ your _____ to God; to ask for help and yield.
16. You have the power to _____ and others to reveal what is within your boundaries.
17. You have the power to _____ from the _____ that you find within you also known as repentance.
18. You have the power to _____ and ask God and others to help you with your developmental injuries and leftover childhood needs.

19. You have the power to seek out those that you have _____ and make _____.
20. We have the power to _____ others, but not to change them. (Serenity Prayer)
21. Since you cannot change others; you must change your boundaries so that their _____ no longer affect you.

Law# 4 The Law of Respect

22. Some people fear that others will not _____ their boundaries. They focus on others and lose clarity about ourselves.
23. Sometimes the problem is that we _____ others' boundaries. We think we know what best for them.
24. When we judge other's boundaries, ours will fall under the _____
25. When we _____ others' boundaries, we expect them to judge ours thus setting up a cycle of _____ where we are afraid to set the boundaries at all.
26. We need to love the _____ of others in order to command respect for ours
27. If we _____ and _____ people who tell us no, they will love and respect our no.

Law# 5 The Law of Motivation

28. For many, " _____ " and _____ was not motivated by love, but by fear.
29. If you're _____ is making you weary and depressed, it's probably not love.
30. People who say yes then resent saying yes fear losing someone's love. This is the dominant motive of _____.
31. Because of old hurts and poor boundaries, some people can't stand for anyone to be _____.
32. Some people give in to others because they feel that that will _____ and end _____.
33. Some people think to love means to always say yes fearing they lose the " _____ " if they don't.
34. Some are trying to do enough good things to overcome the _____ and feel good about themselves.
35. Many have received things with _____ attached and feel a burden to pay for they have received.
36. Many feel they need to give in order to feel good _____.
37. Some _____ with others' loss and become enmeshed in their problems to the point they can't no.
38. If you _____ to get free of your fear, you are doomed to failure.