

BOUNDARIES- LETS GET STARTED.

NOW THAT YOU KNOW OR HAVE AN IDEA OF THE AREAS IN YOUR LIFE THAT NEED BOUNDARIES TAKE A PIECE OF PAPER AND WRITE THEM DOWN, THE AREAS .

EVALUATE YOUR PUPOSE FOR THEM.

ARE THESE SAFETY VALVE BOUNDARIES. THE ONES YOU DON'T OTHERS TO CROSS BUT RESPECT.

VERBALLY STATE OR PHYSICALLY ESTABLISH THE EXACT LIMITS NEEDED.

- BODY
 1. MEALS AND HOW MANY, WHERE?
 2. EXERCISE,
 3. MAINTENACE AND UP KEEP
 4. SLEEP AND REST
 5. LIMITATION CONCERNS (STRENGTH, ALLERGIES, ADDICTIONS)
 6. CLOTHING

- SPIRIT
 - 1 .PRAYER
 2. BIBLE STUDY
 3. CHURCH AND FELLOWSHIP

- SOUL (RELATIONSHIP TO OTHER PEOPLE AND THE WORLD)
 - 1.FRIENDS
 - 2.FAMILY
 - 3.CO-WORKERS
 - 4.ENTERTAINMENT
 - MOVIES
 - SHOWS
 - TV
 - SPORTING EVENTS
 - CONCERTS
 - READING MATERIALS

FOOD FOR THOUGHT:

COMPROMISE IS WHEN TWO OR MORE PARTIES EACH LOSE SOME OF THEIR RIGHTS TO RESOLVE A POSSIBLE CONFLICT OF INTERESTS.

MANIPULATION IS ONE PARTY GAINING ADVANTAGE OVER SOMEONE ELSE TO GET THAT PERSON OR PARTY TO BEND TO THE MANIPULATORS ADVANTAGE. SIMPLY PUT TAKING ADVANTAGE OF ANOTHER PERSON.

GOD IS NEITHER A MANIPULATOR OR COMPROMISER BUT HE IS WILLING TO MERGE IF YOU AGREE WITH HIM. CAN TWO PEOPLE WALK TOGETHER UNLESS THEY ARE IN AGREEMENT WITH EACH OTHER. GOD WANTS TO WALK WITH US IN ALL THE AREAS OF OUR LIFE. HIS DESIRE IS THAT WE BE ONE WITH HIM AND JESUS IN OUR ACTIONS , DESIRES AND WORDS AND DEEDS.

LETS GET STARTED

THE TEN LAWS OF BOUNDARY SETTING.

- LAW OF SOWING AND REAPING
- LAW OF RESPONSIBILITIES
- LAW OF POWER
 1. TRUTH
 2. SUBMIT YOUR INABILITY TO GOD
 3. ASK FOR HELP FROM GOD OR OTHERS
 4. POWER TO TURN FROM EVIL (REPENT)
 5. BE HUMBLE AND ASK FOR HELP FROM INJURIES ETC.
 6. MAKE AMENDS FOR HURTING OTHER ,SEEK FORGIVENESS
- LAW OF RESPECT (BOTH WAYS)
- LAW OF MOTIVATION
 1. LOSS OF LOVE
 2. ANGER OF OTHERS
 3. LONELINESS
 4. GOOD LOST
 5. GUILT
 6. PAYBACK
 7. APPROVAL
 8. OVERIDENTIFICATION OF OTHERS LOSSES
- EVALUATION
- BEING PROACTIVE
- LAW OF ENVY
- LAW OF ACTIVITY
- LAW OF EXPOSURE(VISIBILITY)
- REMEMBER YOU ARE RESPONSIBLE FOR YOUR BOUNDARIES AND IF YOU DON'T REGULATE THEM SOMEONE ELSE WILL AND TAKE PARTIAL OR TOTAL CONTROL OF YOUR LIFE AND TIME.