



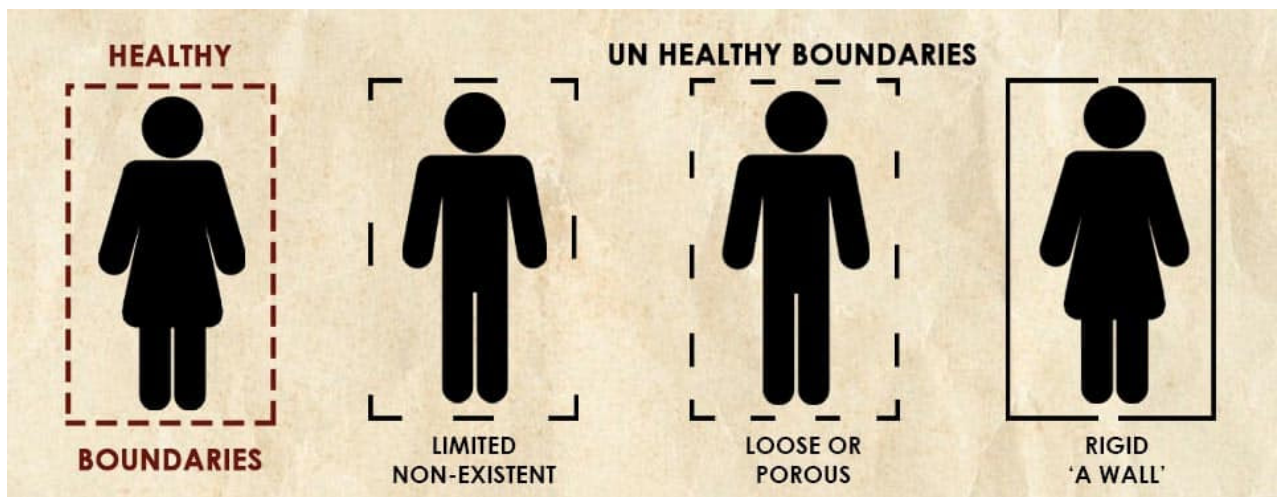
Healthy Boundaries

(maintaining boundaries in relationships)

Boundaries help us keep the good in and the bad out by using wisdom to say “yes” and “no” to the right things. Setting boundaries inevitably involves taking responsibility for choices. With every “yes” or “no” there are consequences and trade-offs. Many boundary problems stem from a person’s struggle to say “yes” or “no” or struggle to hear “yes” or “no”.

Table 1. Boundary Problems

		Can't Say	Can't Hear
No		The Compliant: Feels guilty and/or controlled by others; cannot set boundaries	The Controller: Aggressively or manipulatively violates the boundaries of others
Yes		The Nonresponsive: Set's boundaries against responsibility to love or take action	The Avoidant: Sets boundaries against receiving the care of others



What are your tendencies in relationships? Is it hard to hear yes or no? Is it hard to say yes or no?

Do you tend to have healthy, limited, loose, or rigid boundaries?

Do your boundaries differ depending on the relationship or environment?